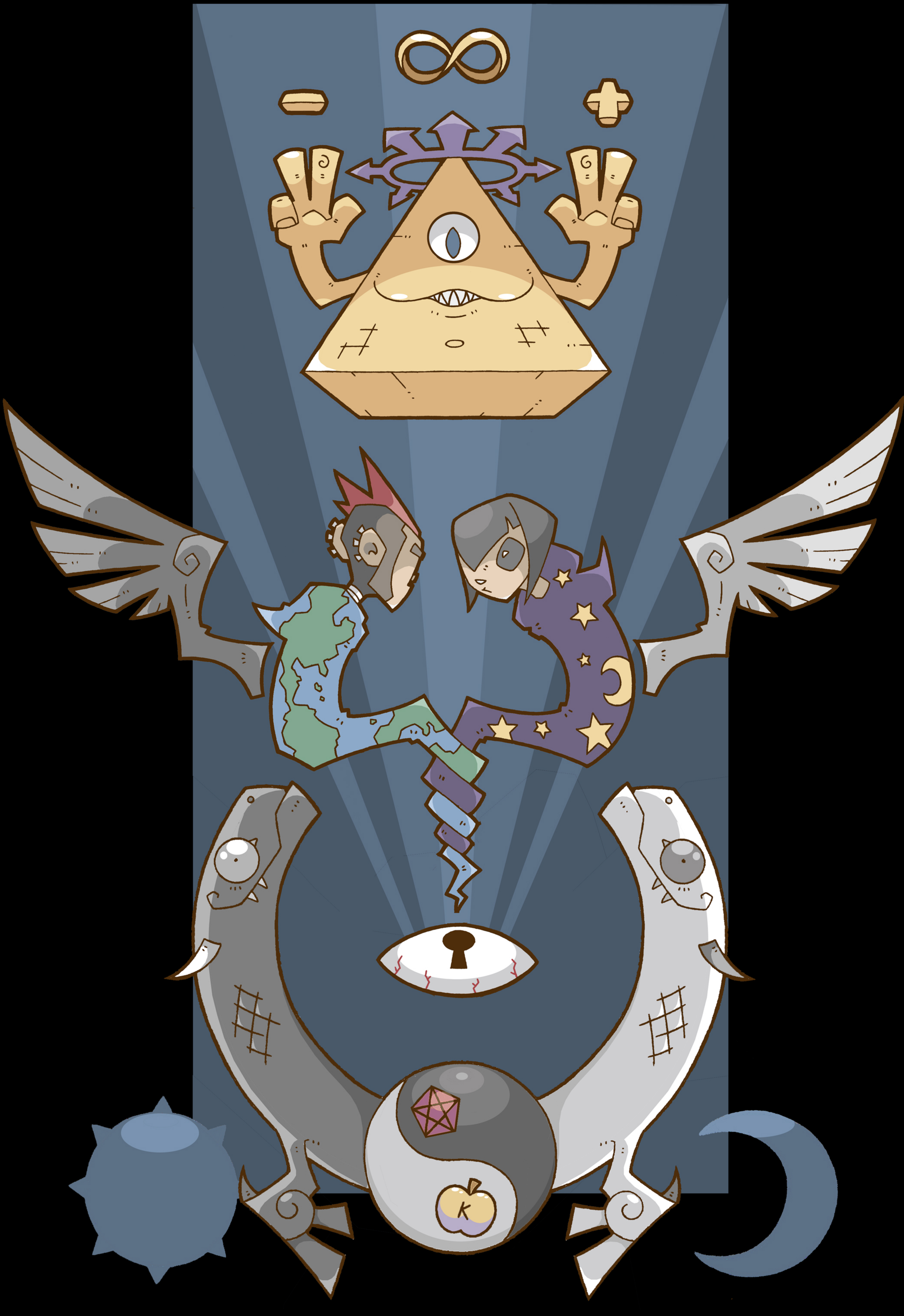
THE PSYCHONAUT FIELD MANUAL



ARCH-TRAITOR BLUEFLUKE

VER 3.5



INTRODUCTION!

WE ALL HAVE TO START SOMEWHERE.
OUTSIDE OF JOINING UP WITH A (POSSIBLY EXPLOITATIVE) GROUP, THE JOURNEY INTO WESTERN ESOTERICISM IS LABYRINTHINE INDEED. FEW LEGITIMATE BOOKS EXIST FOR THE LONE BEGINNER AND FEWER STILL AREN'T SIMPLY REGURGITATING CENTURY OLD TECH WRITTEN IN VERBATIM.







THIS LEAVES THE BEGINNER BOUNCING TO AND FRO, FROM THIS BOOK TO THAT, FEELING FOR A MAP LIKE THE BLIND MEN AND THE ELEPHANT. THIS LITTLE BOOK IS A THEOLOGY FREE MANUAL CONTAINING ALL THE BEST TECH WRITTEN IN PLAIN LANGUAGE UNDER A COHESIVE NARRATIVE. A RARE BEAST IN THIS NECK OF THE WOODS, I ASSURE YOU. ADD A DASH OF YOUR OWN BELIEF SYSTEM, FOLLOW THE STEPS AND ADVANCE OR FALL INTO LAZINESS AND FAIL. THAT'S ALL THERE IS TO IT.

FEEL FREE TO COPY/SHARE THIS BOOK IF YOU'D LIKE. JUST DON'T TRY TO SELL IT AND WE'RE COOL.

WARNING!



MAGIC IS THE HACKING OF ONE'S OWN MIND. IRREVERSIBLE HALLUCINATIONS, DAMAGE TO THE NERVOUS SYSTEM, OUTRIGHT MADNESS AND EVEN BRICKING YOURSELF ARE ALL VERY REAL DANGERS HERE. THE AUTHOR IS NOT RESPONSIBLE FOR ANY DAMAGE THAT MAY OCCUR BY PRACTICING ANY OF THE TECH IN THIS BOOK AND YOU DO SO AT YOUR OWN RISK. IF SOMETHING GOES WRONG SEE A REAL ASS DOCTOR AND AVOID NEWAGE QUACKERY.

INITIATE



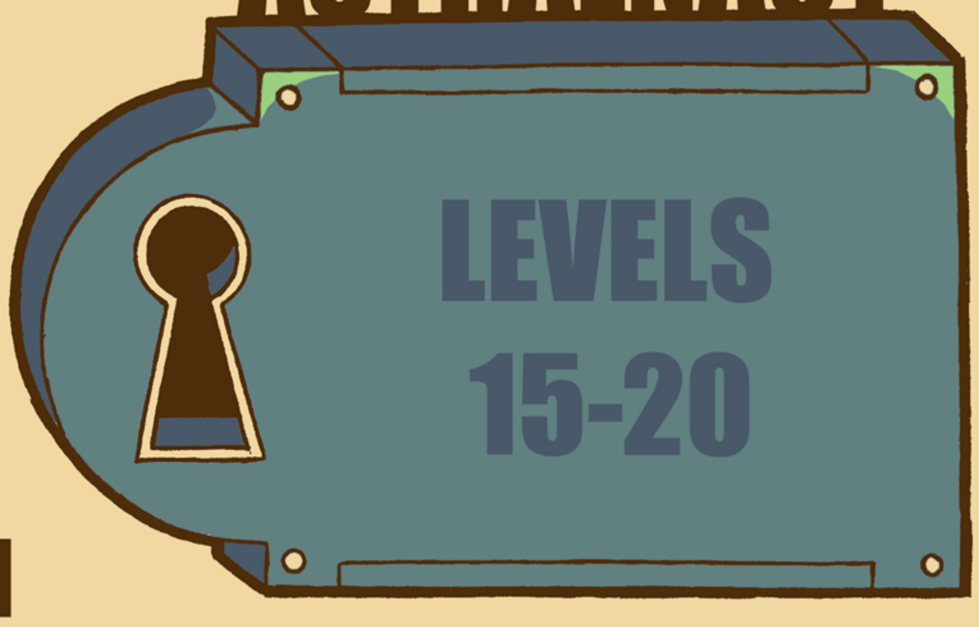
DECKER



EUDAEMON



ASTRALNAUT



HIEROPHANT





CHAPTER ONE

"LADIES AND GENTLEMEN, I HAVE SEEN THE ILLUMINATI... AND IT IS US."

-RICHARD METZGER

LEVEL ONE:

BELIEF IS A TOOL!



ANY DAMNED FOOL CAN OPERATE ANY OF THE FOLLOWING TECH PROVIDED THEY BELIEVE THAT THEY CAN. BELIEF IS NOT ONLY THE FIRST TOOL YOU'LL MASTER ON YOUR JOURNEY BUT ALSO THE MOST POWERFUL. FAITH MOVES MOUNTAINS AND SHIT. CALL IT IMPOSITION OF THE WILL, CALL IT THE PLACEBO EFFECT, CALL IT THE DESCENT INTO MADNESS. REGARDLESS, **MAGIC WORKS.**





TAKE CEREMONIAL MAGIC FOR EXAMPLE. HERE WE HAVE A GROUP OF PEOPLE DRESSING IN SILLY COSTUMES WAVING AROUND DORKY PROPS AND DOING THE ENOCHIAN HOKEY POKEY. THESE ACTS ARE MEANINGLESS IN THEMSELVES AND YET THE THEATER OF THE THING ACTS AS A CRUTCH. SHIT HAPPENS NOT BECAUSE THEY **THINK** IT WILL, BUT BECAUSE THEY **KNOW** IT WILL. WHETHER THEY ATTRIBUTE THE OUTCOME TO INNER MASTERY OR SKETCHY METAPHYSICAL HIPPIE SHIT IS IRRELEVANT. IT DOESN'T MATTER **WHAT** YOU BELIEVE, JUST BELIEVE.



SIDEQUEST:

LUCID DREAMING

EVER WANTED TO FLY? MAYBE EVEN MOW DOWN PACKS OF UNICYCLE RIDING CYBER WEREWOLVES WITH A SWEET ASS LASER MOUNTED ROBOT ARM? LUCID DREAMING IS A CRAZY EASY HACK!

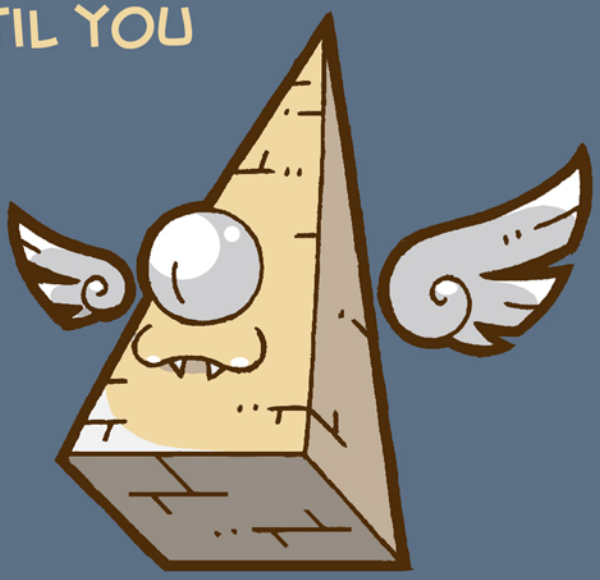
STEP 1: KEEP AN AUDIO DREAM JOURNAL WITH YOUR SMART PHONE AND INTERPRET WHAT YOUR SUBCONSCIOUS IS TRYING TO TELL YOU (IT WORKS IN SYMBOLS). KEEP IT UP FOR MORE VIVID AND EASILY RECALLED DREAMS.

STEP 2: SET AN ALARM TO GO OFF AFTER FIVE HOURS OF SLEEP. AFTER IT GOES OFF GO BACK TO BED LYING ON YOUR BACK, HANDS DOWN TO YOUR SIDES. TAP YOUR FINGERS **VERY** LIGHTY AS IF YOU WERE PLAYING A PIANO. DON'T CONCENTRATE ON THEM JUST DO IT MINDLESSLY AS YOU DRIFT BACK TO SLEEP. SEE? **EASY AND FUN!**



LEVEL TWO:
UNLOCK YOUR MIND!

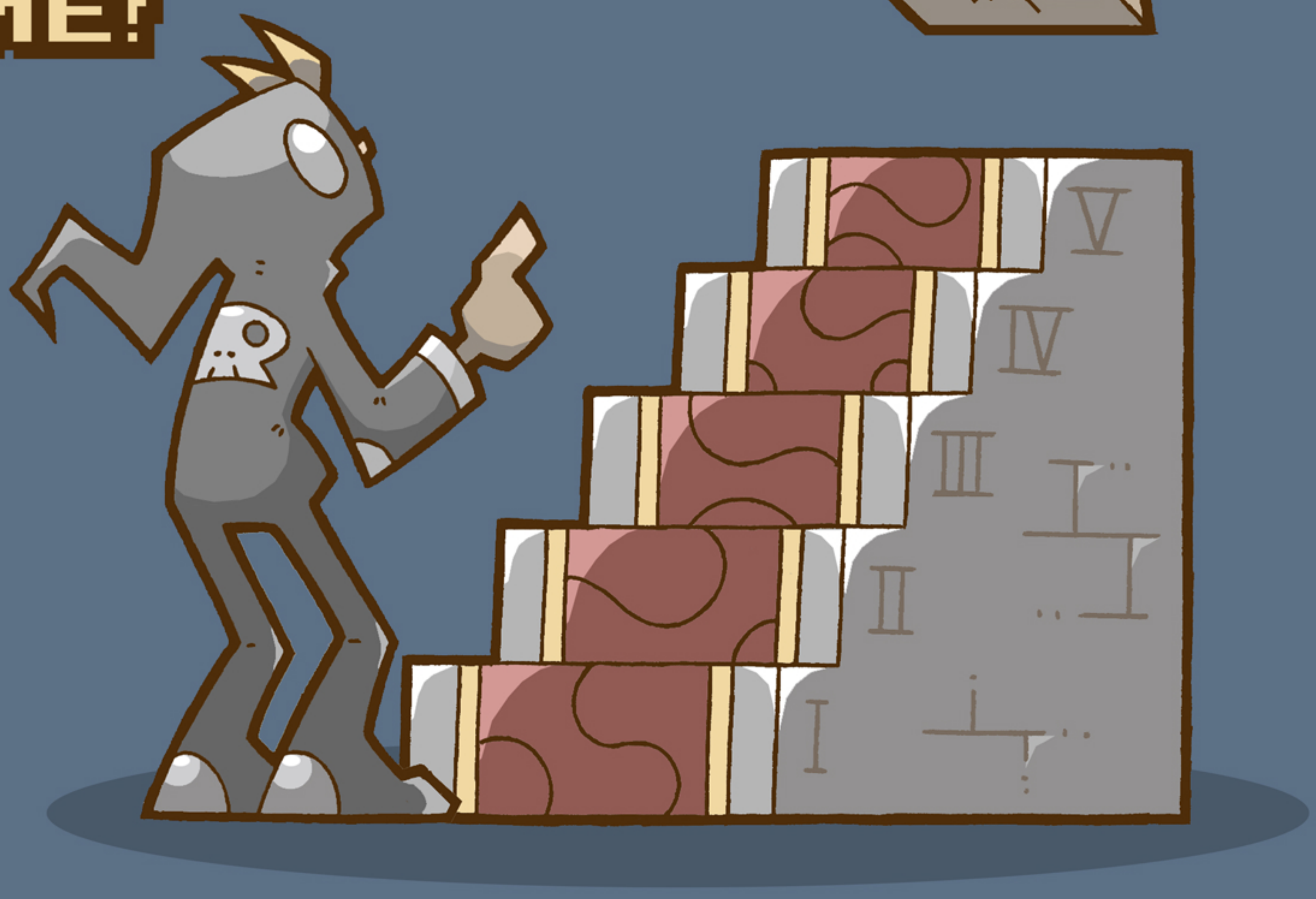
Mastering meditation is absolutely **necessary** for all future exercises. Make no mistake, this first step is extremely difficult and most will never move beyond this point. Your goal here is not to find inner peace or become "one with everything". Rather, it's to shut down all auxiliary thought in order to focus most of your brain's processing power on a singular point or action. This is called **gnosis**. Until you are able to switch to this state on the fly I highly recommend you practice meditating for **at least 10 minutes everyday**.



GNOSIS:
STAIRWAY TO AWESOME!

Find a **quiet place** where you won't be disturbed for long periods.

For each of these exercises start with 10 minutes for your first session. Next time go for 20. Once you've completed 30 minutes head to the next step.

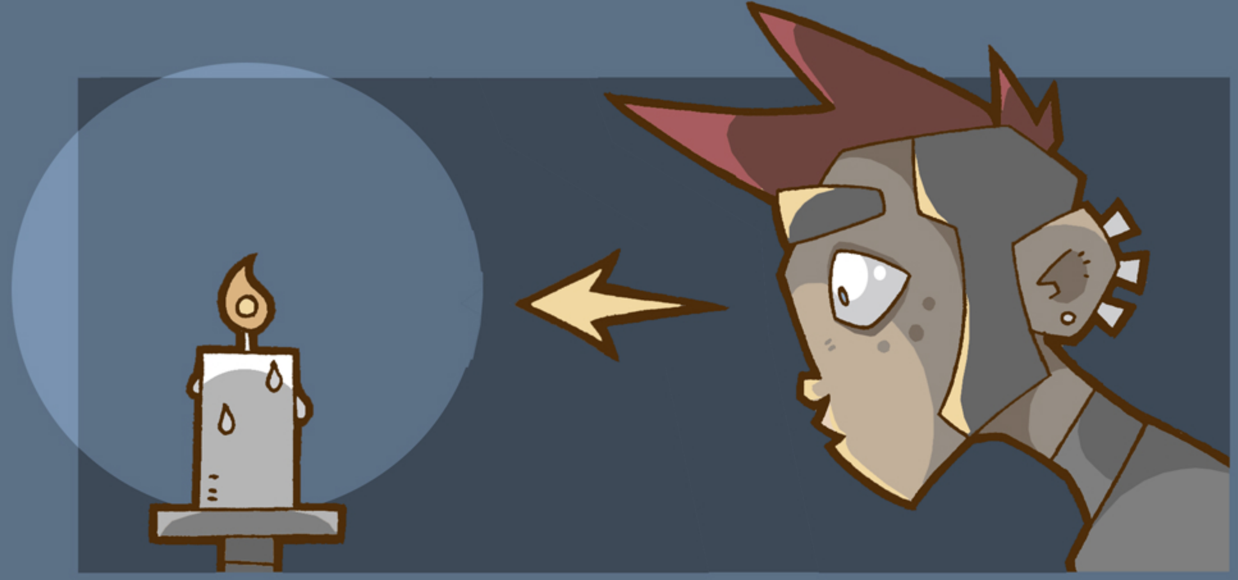


STEP ONE:
CALM YOUR ASS DOWN!

Sit or lay down in a comfy position and allow your muscles to completely relax. Outside of breathing and blinking **stay perfectly still**. No shifting! If you get an itch or become uncomfortable, ignore it. Don't fall asleep fool!

STEP TWO:
LEARN TO FOCUS!

Light a candle in a dark room. **Stare at the flame** while remaining still as in the previous exercise. Ignore the weird ass background distortion and blink if you need to.



STEP THREE:
KILL THE NOISE!

Do the previous exercise, only this time try **not thinking**. No thoughts, voices, music, images or feelings. **Nothing**. If something pops up, ignore it. This sounds easy right? Fuck no. Both the subconscious and superconscious are going to fight you tooth and nail. They will try to trick, terrorize, even seduce you. You're going to fail a lot at first. Everyone does. **Don't give up like a pussy.** If you're having problems try listening to flat binaural tones or state a meaningless gibberish word over and over. Just be sure to wean yourself off these gimmicks and not to use them as a crutch.

STEP FOUR:

FOCUS ON YOUR BREATH!

NOW REMOVE THE CANDLE FROM THE PREVIOUS EXERCISE. CLOSE YOUR EYES AND CONCENTRATE ALL OF YOUR FOCUS ON YOUR **BREATH** AS YOU DID WITH THE CANDLE. BREATHE WITH YOUR NOSE IF YOU CAN AS IT WILL **GREATLY** HELP WITH THE NEXT STEP.



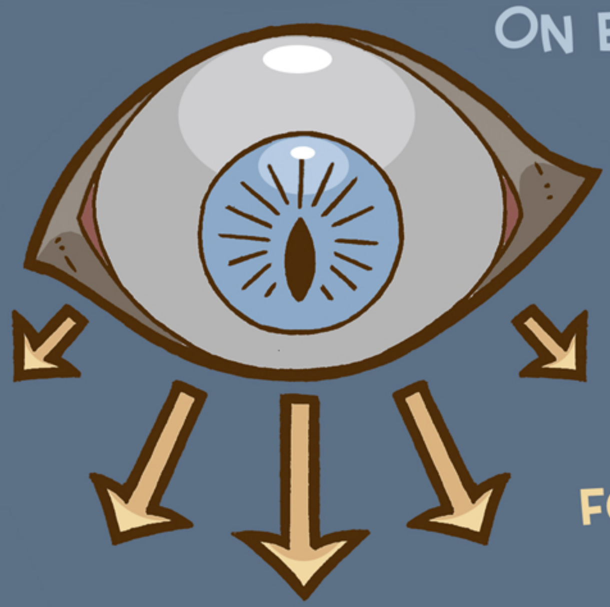
LEVEL THREE:

THE THIRD EYE!

STEP ONE:

OPEN YOUR EYE!

DO THE PREVIOUS EXERCISE, ONLY THIS TIME IMAGINE THAT YOU HAVE A **SECOND MOUTH** IN THE CENTER OF YOUR FOREHEAD. BREATHE IN AS YOU NORMALLY DO, BUT AS YOU EXHALE IMAGINE THAT YOU ARE BREATHING OUT OF SAID MOUTH. AVOID THE TEMPTATION OF LOOKING UP TOWARD THIS AREA WITH YOUR PHYSICAL EYES. IF YOU'RE HAVING TROUBLE, ON EXHALATION HUM IN A WAY THAT PHYSICALLY **VIBRATES** THIS AREA.

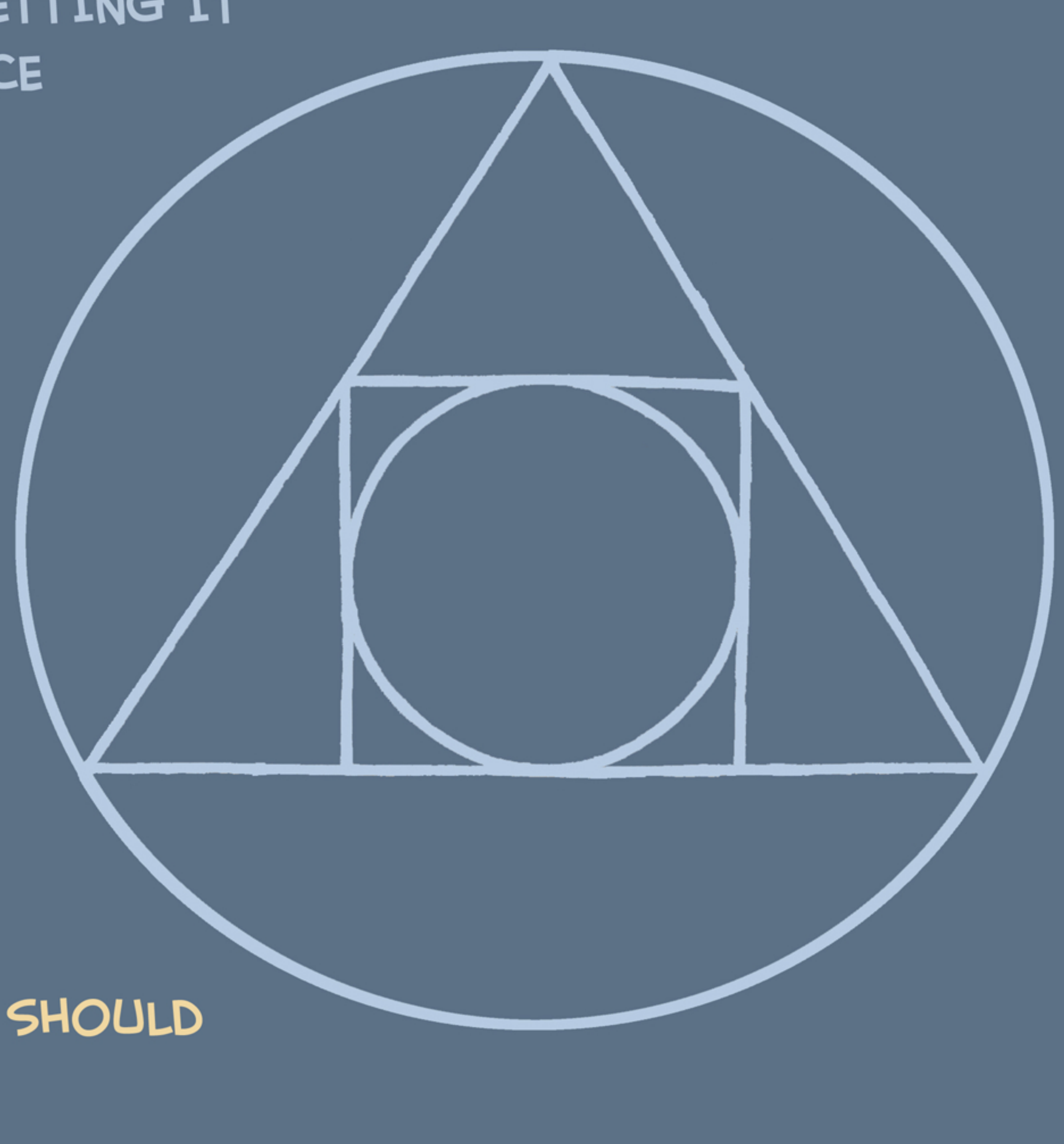


OVER TIME YOU WILL FEEL A **PRESSURE OR TINGLING** IN SAID AREA. THIS IS BECAUSE BY INTENSELY CONCENTRATING ON A SPECIFIC PART OF THE BODY YOU CAUSE SLIGHTLY MORE BLOOD TO FLOW THERE. THIS IS MEANT FOR DEALING WITH CUTS AND THE LIKE BUT IN THIS CASE YOU'LL BE CAUSING A MINOR BUT OBSERVABLE **OVERCLOCK** OF THE 10TH AND 11TH BRODMANN AREAS. MYSTICS CALL THIS THE THIRD EYE, NOT BECAUSE YOU'LL RECEIVE PSYCHIC POWERS AND SHIT, BUT BECAUSE IT ALLOWS YOU TO **VISUALIZE IMAGERY** WITH INCREDIBLE CLAIRITY WHEN IN GNOSIS AND (WITH MUCH PRACTICE) OVERLAY THESE IMAGES ON TOP OF YOUR NORMAL PHYSICAL VISION IN A WAY THAT MAKES THEM **INDISTINGUISHABLE** FROM THE REAL THING.

STEP TWO:

VIZUALIZE AND PROJECT!

NOW LET'S FLEX THAT SHINY NEW EYE OF YOURS. CLOSE YOUR EYES AND ENTER GNOSIS. IMAGINE A **BRIGHT BLUE CIRCLE**, NOT LETTING IT MOVE OR DISTORT FOR AT LEAST 5 MINUTES. ONCE YOU'VE GOT THAT DOWN, STEP IT UP A NOTCH BY ADDING A **SQUARE** AROUND THAT CIRCLE. TRY KEEPING THIS UP FOR 10 MINUTES. NEXT MAKE IT EVEN MORE COMPLEX BY PUTTING A **TRIANGLE** AROUND THE SQUARE, THIS TIME FOR 15 MINUTES. FINALLY, DO THE PREVIOUS EXERCISE, ONLY THIS TIME ADD ANOTHER **CIRCLE** AROUND THE TRIANGLE AND DO SO WITH YOUR EYES OPEN FOR 20 MINUTES. AGAIN, THIS IS 100% **REQUIRED TECH** FOR FUTURE EXERCISES AND THE MORE YOU PRACTICE IT THE MORE CLEAR AND VIVID YOUR VISUALIZATIONS WILL BECOME.

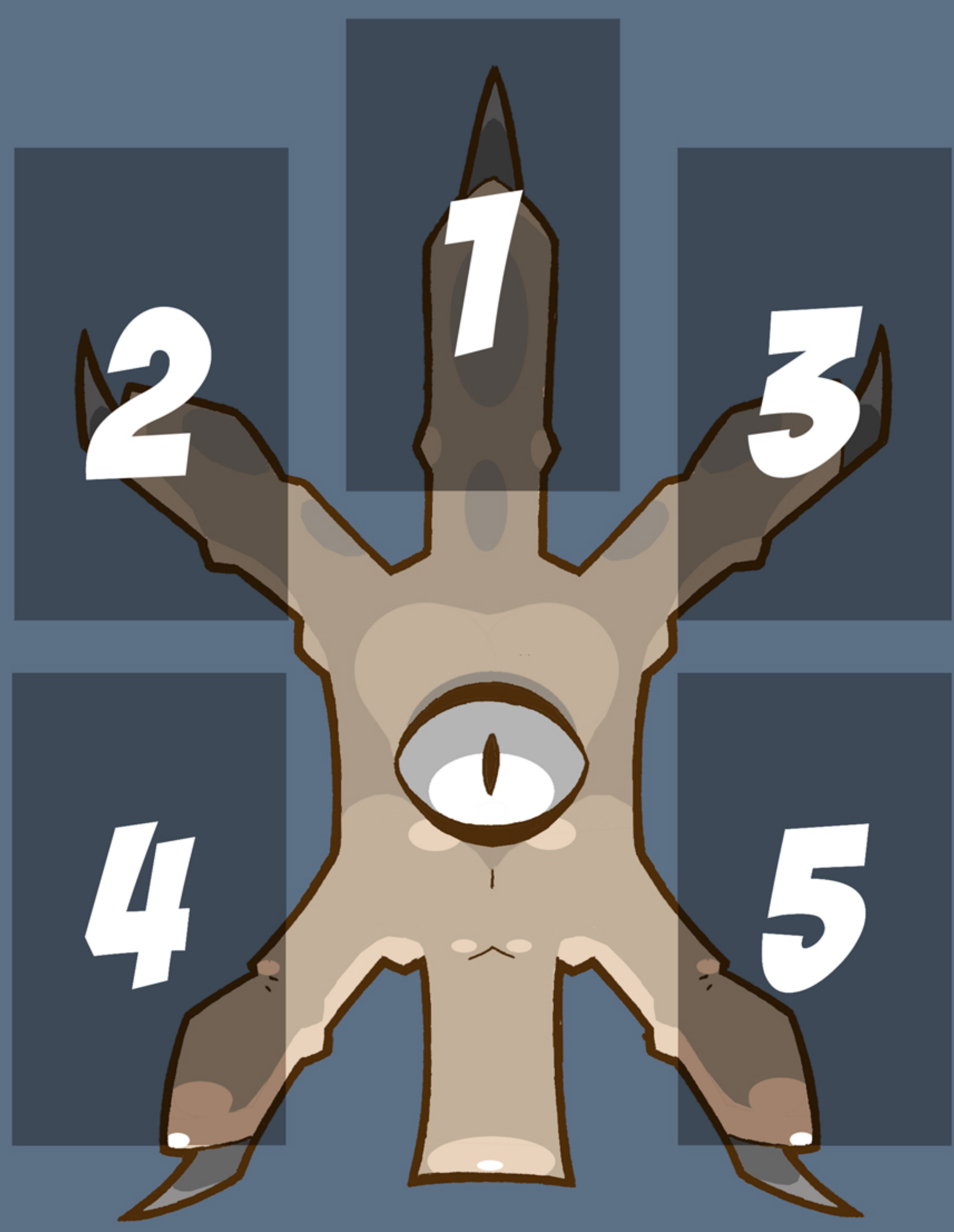


PROTIP: THIS LAST STEP COULD BE QUITE HELPFUL SHOULD YOU TREAD THE WACKY WORLD OF ALCHEMY.

LEVEL FOUR:
RIGHT HAND OF ERIS!



NOW IT'S TIME TO DESIGN, PROGRAM AND EXECUTE A SIMPLE SERVITOR. IF YOU DON'T OWN A TAROT DECK, PICK ONE UP AS THE TAROT SERVES AS A DECRYPTION KEY FOR A GREAT MANY EXERCISES YOU'LL BE WORKING WITH THROUGHOUT THIS LITTLE BOOK. AVOID "GIMMICK" OR ORACLE DECKS AS THEY ARE USELESS IN THIS CAPACITY. NOW THAT YOU HAVE YOUR DECK TAKE A MINUTE TO LOOK AT THE IMAGERY OF THE CARDS. THEN AS YOU SHUFFLE ASK YOUR QUESTION AND LAY THEM FACE DOWN IN THE ORDER LISTED HERE.



1 ABOUT YOUR QUESTION

2 WHAT MAY HELP YOU

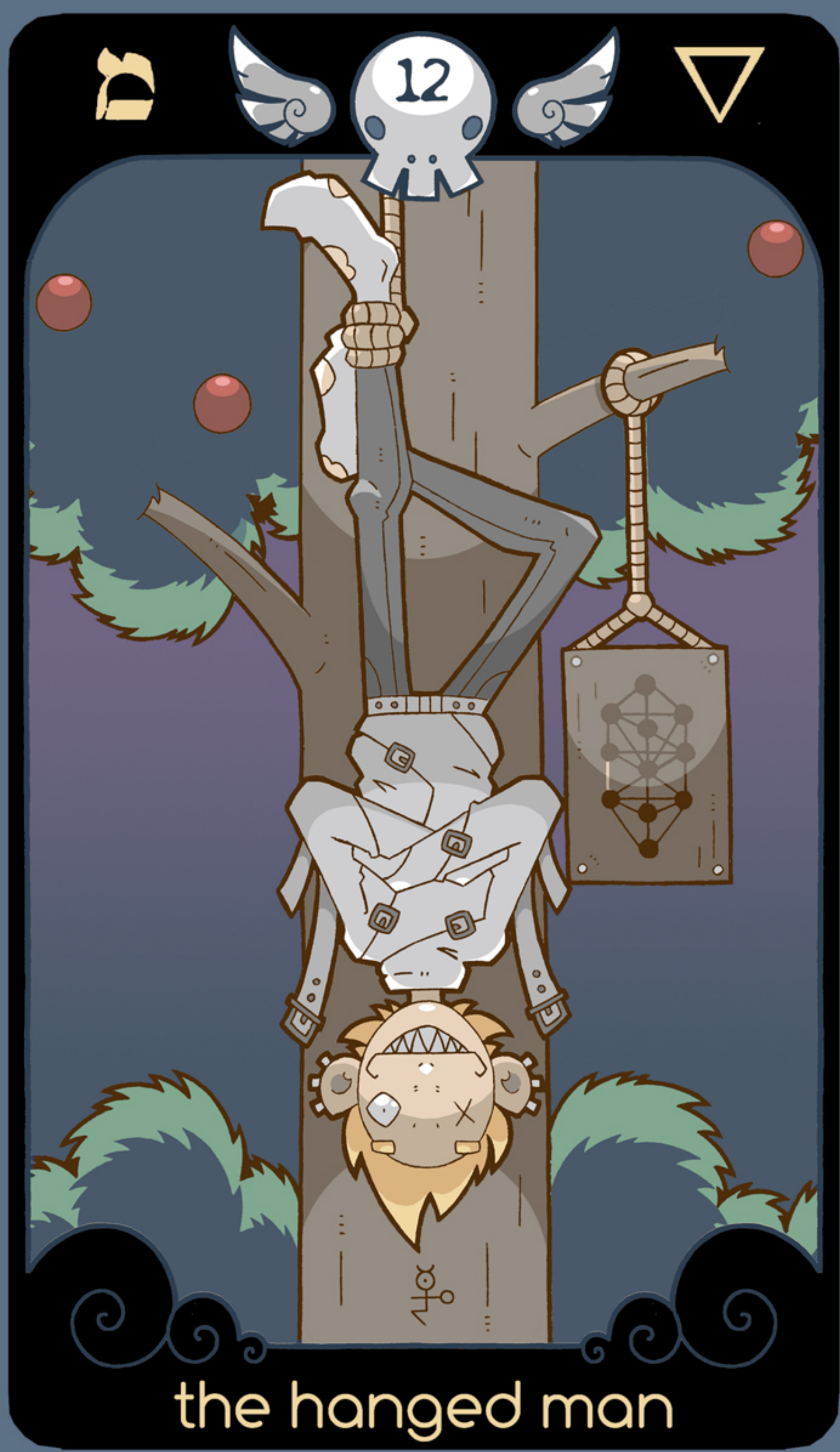
3 WHAT MAY HINDER YOU

4 POSSIBLE OUTCOME NO.1

5 POSSIBLE OUTCOME NO.2

DESIGN!

NOW FLIP OVER THE CARDS IN THE ORDER YOU LAID THEM DOWN. WHEN INTERPRETING THE MEANING OF YOUR SPREAD TAKE INTO ACCOUNT BOTH TRADITIONAL INTERPRETATIONS AS WELL AS YOUR PERSONAL INTUITIVE GUESS WORK. WRITE DOWN OR TAKE A PICTURE OF YOUR CARDS SO THAT YOU CAN VERIFY OR DISCREDIT ITS ACCURACY LATER. FINALLY, CHOOSE YOUR PREFERED OUTCOME CARD.



PROGRAM!

NOW GRAB A PIECE OF PAPER AND WRITE DOWN CARD NO. 2 (WHAT MAY HELP YOU) AS WELL AS YOUR CHOSEN OUTCOME CARD.

EXAMPLE: LET'S SAY FOR CARD NO.2 YOU DREW THE HANGED MAN AND YOUR CHOSEN OUTCOME CARD WAS THE MAGICIAN.



THE HANGED MAN THE MAGICIAN

SCRATCH OUT THE VOWELS AND ANY REPEATING LETTERS...

THE HANGED MAN THE MAGICIAN

...AND TALLY YOUR RESULTS.

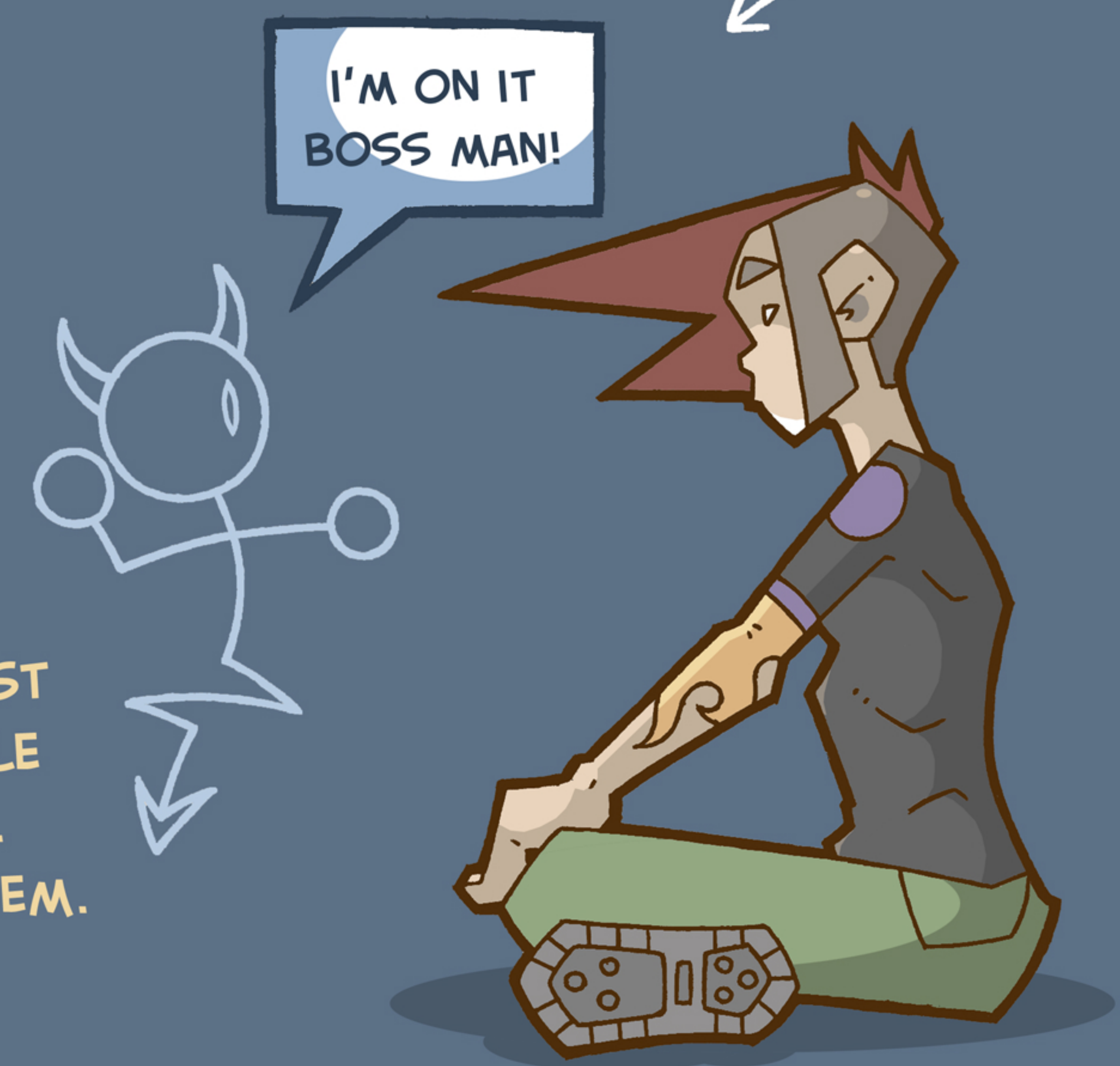
THNGDMC

FINALLY, CONNECT THE LETTERS TOGETHER TO FORM A SIGIL. GO BANANAS!



EXECUTE!

CLOSE YOUR EYES, ENTER A STATE OF GNOSIS AND VISUALIZE YOUR SIGIL. IMAGINE IT AS A LIVING BEING WHOSE SOLE PURPOSE IS TO CHEERFULLY COMPLETE ITS GIVEN TASK. DO THIS EXERCISE FOR AS LONG AND OFTEN AS YOU CAN FOR AT LEAST A WEEK. WHEN OUT AND ABOUT YOUR DAILY LIFE IMAGINE IT FOLLOWING YOU AROUND, EITHER BEHIND YOU OR JUST OUT OF SIGHT. TRY TO FEEL ITS PRESENCE. FOR SIMPLE SERVITORS IT'S IMPORTANT NEVER TO GET ATTACHED. DON'T ASSIGN A NAME, VOICE OR PERSONALITY TO THEM.



DELETE!

IT IS VITAL THAT ONCE YOUR SERVITOR HAS COMPLETED ITS TASK THAT YOU DELETE IT. IF YOU FAIL TO DO SO IT WILL GROW, BECOME RESENTFUL AND POSSIBLY TURN ON YOU. DELETION IS SIMPLE. IGNORE IT. SINCE YOUR ATTENTION IS ITS FOOD BY GIVING IT NONE IT STARVES TO DEATH. THIS IS WHY YOU NEVER ASSIGN A PERSONALITY AND SUCH. TO DO OTHERWISE MAY GRANT IT SENTIENCY AND WOULD BE CRUEL TO BOTH THE SERVITOR AND YOU.

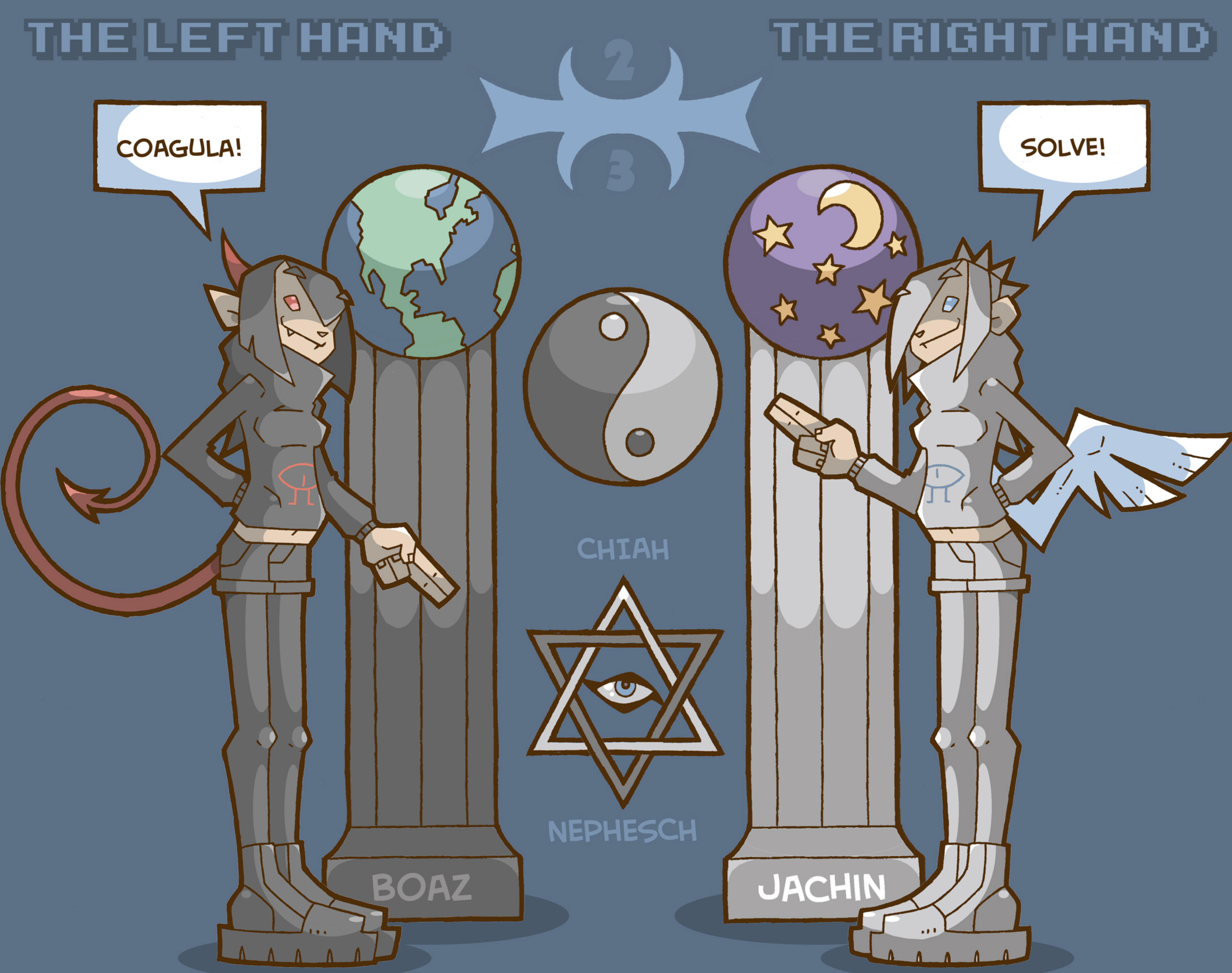


THIRD EYE ARTIFACTING:

DON'T LOSE YOUR SHIT!

VISUAL GLITCHES ARE A COMMON SIDE EFFECT OF AWAKENING. YOU MAY EXPERIENCE BRIGHTLY COLORED OR SHADOWY IMAGES AND/OR BEINGS. DISCERNING WHETHER THESE ARE ASTRAL OR HALLUCINOGENIC IS SIMPLE. IF IT'S ASTRAL YOU'LL FEEL A SORT OF PRESENCE. ELSEWISE IT'S JUST MEANINGLESS GIBBERISH. MAKING THESE VISUALS GO AWAY IS EQUALLY SIMPLE. DRINK SOME BOOZE. ALCOHOL WORKS BY SLOWLY SHUTTING DOWN THE BRAIN STARTING WITH HIGHER FUNCTIONS (FOREBRAIN/SUPERCONSCIOUS) AND WORKING ITS WAY DOWN TO LOWER FUNCTIONS (HINDBRAIN/SUBCONSCIOUS), SO A LITTLE BUZZ SHOULD BE ALL THAT IS NEEDED TO SUSPEND ANY AND ALL UNWANTED EXTRACURRICULAR VISUALS. THIS METHOD ALSO DEBUNKS THE WHOLE THIRD EYE = PINEAL GLAND THEORY, AS THE PINEAL GLAND IS A LOWER BRAIN FUNCTION. IT MUST ALSO BE STATED THAT TINNITUS AND SHIVERING ARE FAIRLY COMMON SIDE EFFECTS HERE AS WELL. THEY COME AND GO, BUT THERE IS (TO MY KNOWLEDGE) NO CURE OR WORK AROUND FOR THESE SYMPTOMS.

LEVEL FIVE:
THE FIRST BIG SECRET!



Now that you have the basics down it's time to dive into the heavy shit. In order for you to do so it's important for you to understand the underpinning of magic itself.

The mind, like the body, is a multi-organism. In future exercises you'll be hacking the three main operating systems of consciousness : **above** (forebrain/superconscious), **below** (hindbrain/subconscious) and **will** (software/selfconscious). While you (the selfconscious) may view the other two as mere sub processors, the truth is that they are separate individual beings with their own unique forms of sentiency and language, quietly pulling your strings in the background. Thus consciousness is less like a dictatorship in which you are supreme leader and more like a two party democracy wherein you are the only voter. Let us then observe both parties of the wings thereof.

The **subconscious** is the oldest O.S., commonly referred to as the **reptile brain**. It is the realist, the survivalist and the hungry man.

The **superconscious** is the newest O.S., commonly referred to as the **higher self**. It is the artist, the moralist and the idea man.

The **selfconscious** is software, commonly referred to as the **soul**. It is created/programmed by the former said consciousnesses in very early childhood based on the perceived needs of the given environment.

NOW YOU'RE PLAYING WITH POWER!

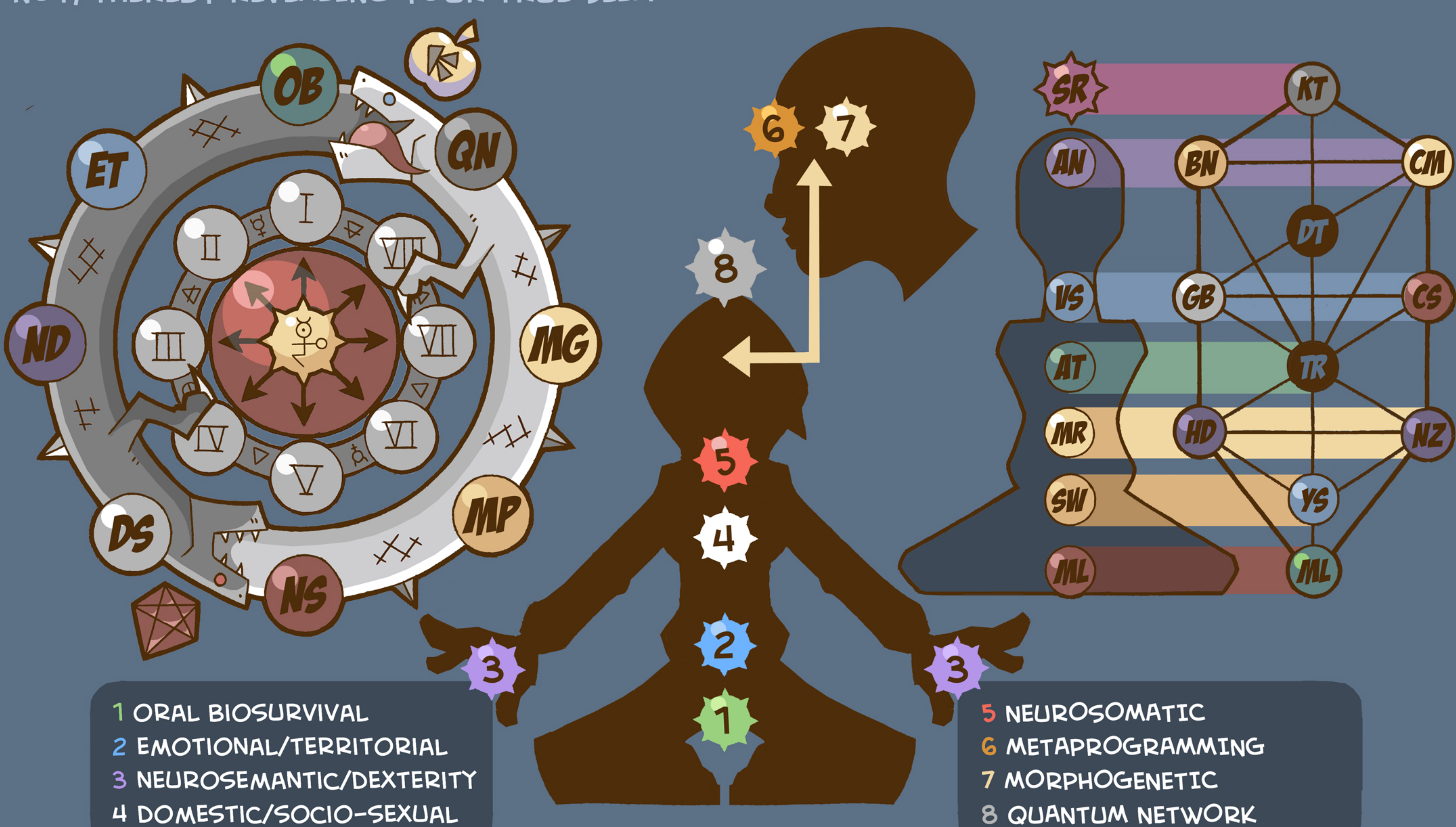


WHEN YOU ACHIEVE GNOSIS YOU ARE PUTTING BOTH THE SUBCONSCIOUS AND SUPERCONSCIOUS INTO A STATE OF SEMI-HYPNOTIC **SUBMISSION**. IT IS IN THIS STATE THAT YOU ARE ABLE TO EITHER **PROGRAM** OR TAKE **DIRECT CONTROL** OVER THEIR FUNCTIONS IF YOU HAVE THE KNOW HOW. THIS IS THE CORE TENET TO MOST MYSTICAL SYSTEMS. AND WHILE THE PROGRAMING LANGUAGES, MAPS AND DEFINITIONS OF CONSCIOUSNESS DIFFER FROM ONE TRADITION TO THE NEXT, THIS PREMISE IS FAIRLY **UNIVERSAL**. IN AN ATTEMPT TO REMAIN AGNOSTIC, THE MAP USED IN THIS LITTLE BOOK WILL BE THE EIGHT CIRCUITS OF CONSCIOUSNESS. HOWEVER, I GREATLY ENCOURAGE YOU TO EXPLORE OTHER SYSTEMS TO SEE WHAT WORKS BEST FOR **YOU**. HERE ARE A FEW EXAMPLES:

THE **EIGHT CIRCUITS OF CONSCIOUSNESS** MAPS THE MIND BY THE EVOLUTIONARY STAGES OF THE BRAIN'S DEVELOPMENT. ILLUMINATION IS ACHIEVED BY EMPATHIZING WITH (I.E. PARADIGM SHIFTING INTO) THESE INDIVIDUAL STAGES WHILE CONCENTRATING ON CORRELATED NERVE CLUSTERS IN THE BODY.

THE **KABBALAH** MAPS THE MIND BY COMPARING IT TO THE UNIVERSE'S/GOD'S CREATIVE PROCESS. ILLUMINATION IS ACHIEVED BY CONTEMPLATING SYNCHRONISTIC MATHEMATICAL RABBIT HOLES IN CORRELATION TO POINTS IN THE BODY CALLED SEPHIROTH.

THE **TANTRIC/YOGA** SYSTEM MAPS THE MIND BY "ENERGY" CENTERS CALLED CHAKRAS AND THEIR CORRELATING "AURA" LAYERS. ILLUMINATION IS ACHIEVED BY PEELING AWAY WHAT YOU ARE NOT, THEREBY REVEALING YOUR TRUE SELF.

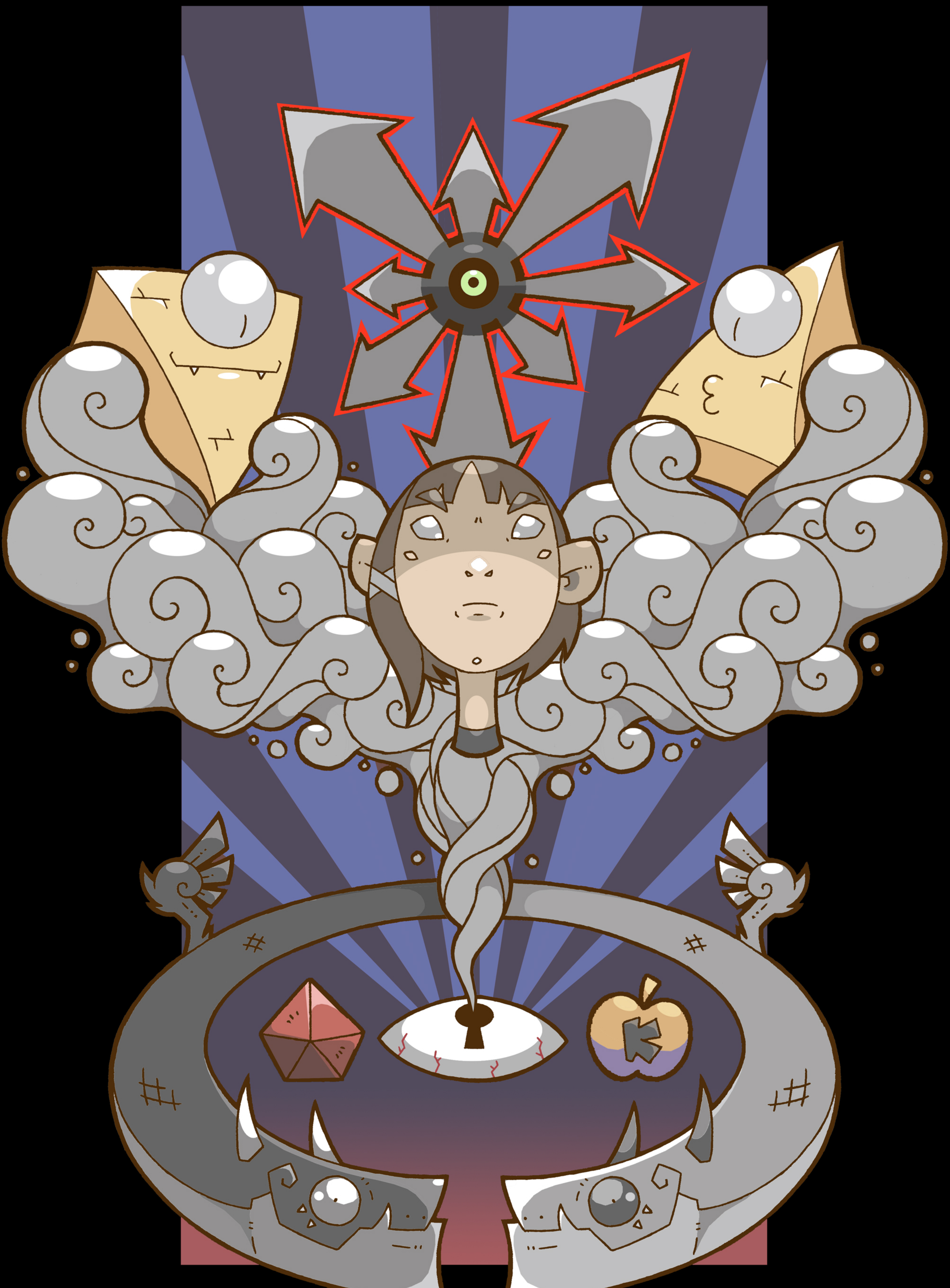


HACKING THESE CIRCUITS (OR COMBOS OF CIRCUITS) IS THE KEY TO MAGIC. FOR EXAMPLE, WHEN YOU OPENED YOUR **THIRD EYE** YOU ACTIVATED THE **MP** (METAPROGRAMMING) CIRCUIT. MOREOVER, THE MP CIRCUIT COULD BE TRANSLATED AS THE **BN** (BINAH) SEPHIROTH OR THE **AN** (AJNA) CHAKRA BY WAY OF THIS NIFTY CHART IF YOU PLAN ON USING THOSE SYSTEMS.

NOW THAT YOU UNDERSTAND HOW THE ENGINE WORKS LET'S TAKE THIS BITCH FOR A SPIN. NEXT UP: **SPIRITS** (EGREGORES, GUIDES, COMPANIONS, ANGELS/DEMONS AND GODFORMS).

THE PSYCHONAUT FIELD MANUAL

CHAPTER 2



ARCH-TRAITOR BLUEFLUKE

VER 3.5

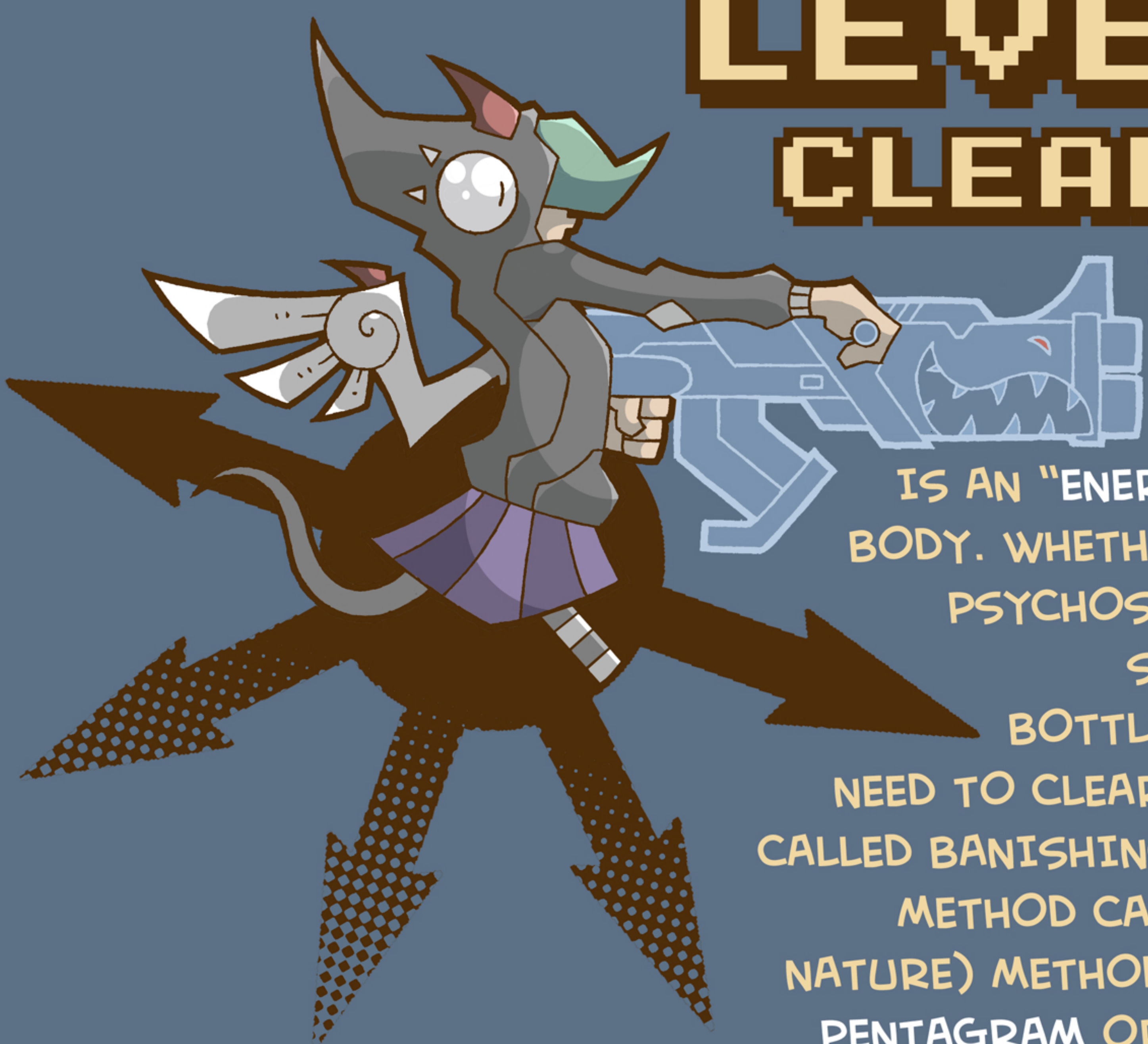


CHAPTER TWO

"GIVE ME YOUR TIRED, YOUR POOR, YOUR HUDDLED MASSES YEARNING TO BREATHE FREE..."

-EMMA LAZARUS

LEVEL SIX: CLEAR THE CHAMBER!



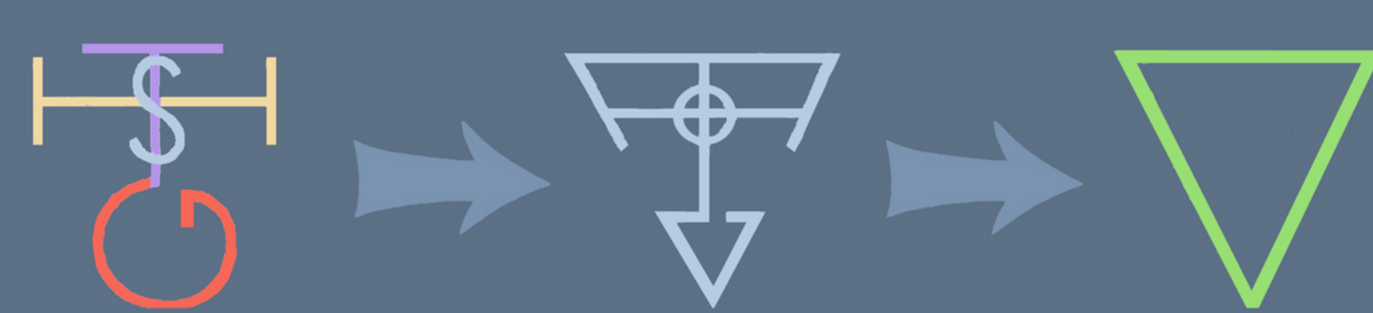
BEFORE YOU CAN FIRE A WEAPON YOU'LL NEED TO LEARN HOW TO LOAD THE THING FIRST. IN MOST TRADITIONS THE AMMUNITION USED IS AN "ENERGY" FORCE THAT TRAVELS THROUGHOUT YOUR BODY. WHETHER YOU BELIEVE THIS "ENERGY" IS LITERAL OR PSYCHOSOMATIC IS IRRELEVANT, YOU GOTTA GET THAT SHIT FLOWING SON. BUT IN ORDER TO PREVENT BOTTLENECKING OR STOPAGES OF THIS FLOW YOU'LL NEED TO CLEAR A PATH OF ANY DEBRIS. THIS IS MOST OFTEN CALLED BANISHING. WHILE THIS LITTLE BOOK WILL FOCUS ON A METHOD CALLED **SOUL RESONANCE** (DO TO IT'S AGNOSTIC NATURE) METHODS LIKE THE **LESSER BANISHING RITUAL OF THE PENTAGRAM** OR THE **RITUAL OF THE ROSE CROSS** WILL WORK EVERY BIT AS WELL SO USE WHATEVER SYSTEM SEEMS SEXIER TO YOU.

STEP ONE

CREATE A NAME FOR YOURSELF, YOUR SUPER CONSCIOUS AND SUBCONSCIOUS USING **NARRATIVE LANGUAGE**. YOU CAN CHOOSE ANY NAME FOR YOURSELF THAT YOU'D LIKE BUT I WOULD RECOMMEND TRYING TO FEEL AROUND FOR YOUR OTHER'S NAMES WHEN IN GNOSIS. WHILE NOT STRICTLY NECESSARY IT CAN ADD A WHOLE LOT OF OOMPH TO YOUR GAME.
EXAMPLE: **SUPERCONSCIOUS = GHOST, SELFCONSCIOUS = READER, SUBCONSCIOUS = BEEZEL.**

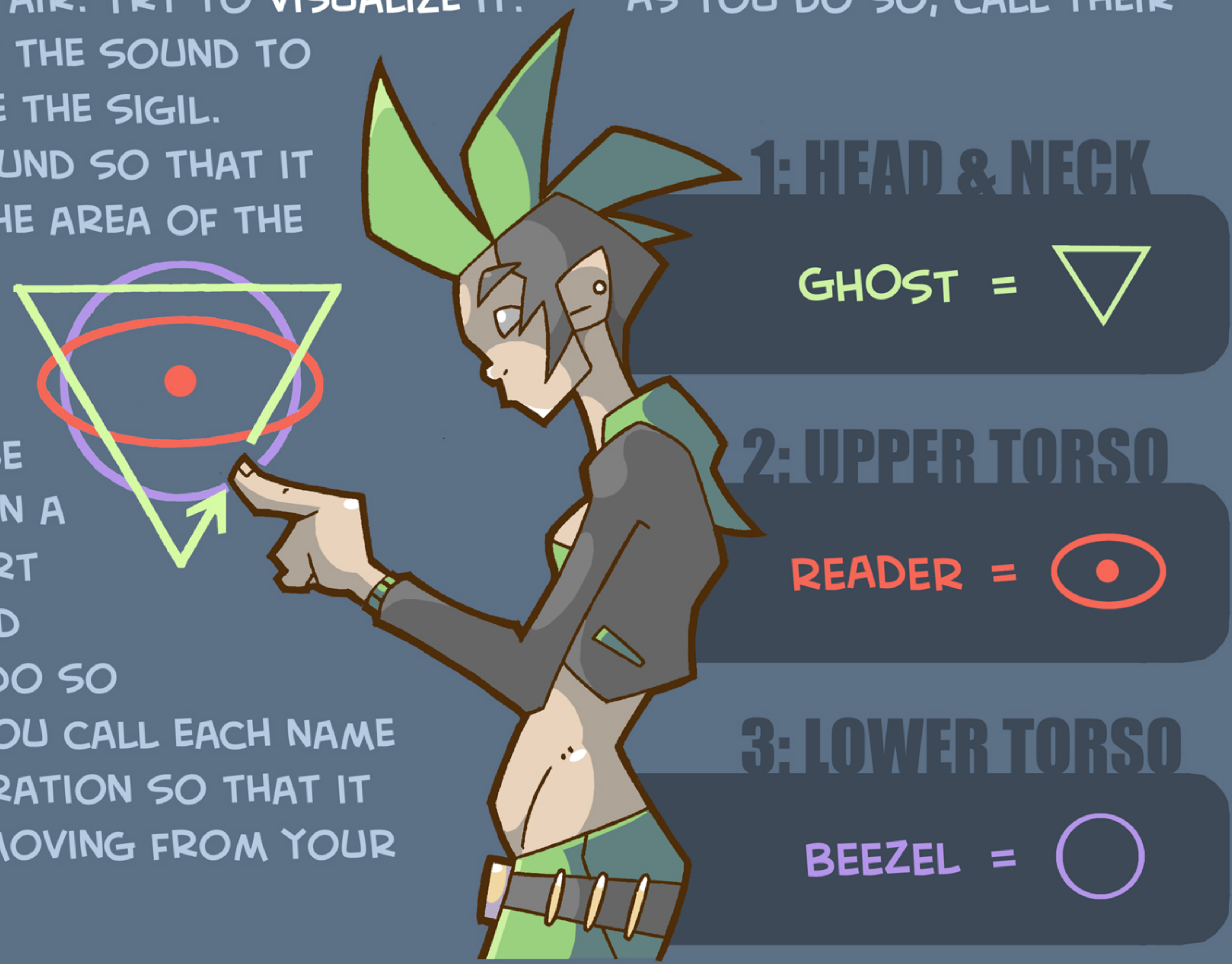
STEP TWO

NOW LET'S TRANSLATE THESE NAMES INTO **SYMBOLIC** LANGUAGE BY SIGILIZING THEM DOWN TO A SIMPLE SHAPE AND PICKING A COLOR YOU FEEL BEST PERSONIFIES ITS REPRESENTED CONSCIOUSNESS.



STEP THREE

NEXT, LET'S TRANSLATE THEM INTO A **PHYSICAL** LANGUAGE. REACH OUT WITH YOUR DOMINANT HAND AND TRACE THEIR SIGIL IN THE AIR. TRY TO **VISUALIZE** IT. AS YOU DO SO, CALL THEIR NARRATIVE NAME AND STRETCH OUT THE SOUND TO MATCH THE TIME IT TAKES TO TRACE THE SIGIL. ADJUST THE PITCH/TONE OF THE SOUND SO THAT IT CAUSES A PHYSICAL **VIBRATION** IN THE AREA OF THE BODY SHOWN IN THE DIAGRAM.



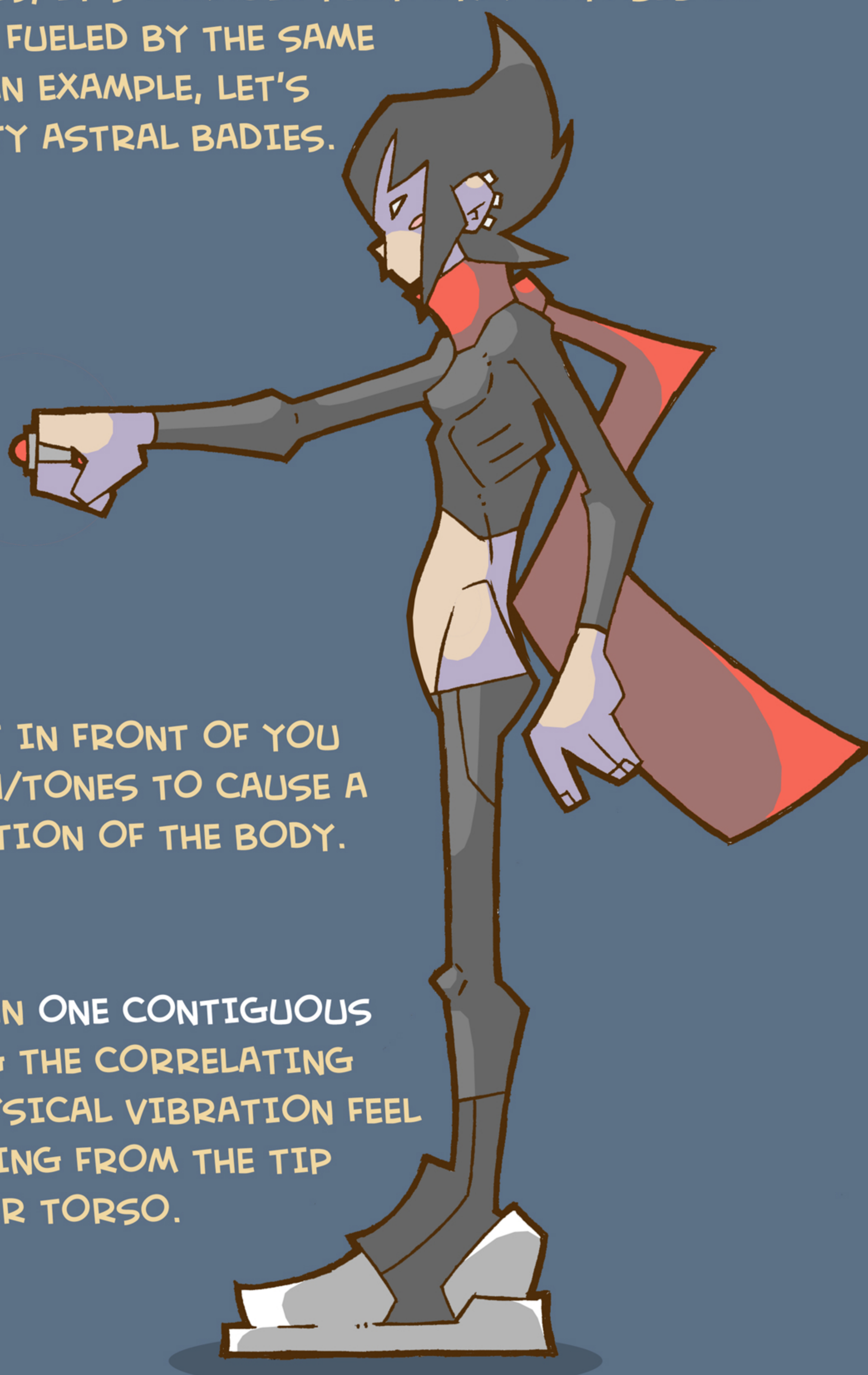
STEP FOUR

FINALLY, DO THE PREVIOUS EXERCISE FOR ALL THREE CONSCIOUSNESSES IN A ROW TO FORM A **MULTI-SIGIL**. START WITH THE SUPERCONSCIOUS AND END WITH THE SUBCONSCIOUS. TRY TO DO SO IN **ONE CONTIGUOUS MOTION**. AS YOU CALL EACH NAME TRY TO CONNECT THE PHYSICAL VIBRATION SO THAT IT FEELS LIKE A **SINGULAR VIBRATION** MOVING FROM YOUR HEAD TO YOUR LOWER TORSO.

DO THIS EXCERCISE AT LEAST ONCE A DAY UNTIL YOU BEGIN TO PHYSICALLY FEEL "ENERGY" FLOW THROUGH YOUR BODY.

BANG!

Soul resonance doesn't just clean the pipes, it's a magic platform capable off firing off custom made programs that are fueled by the same "energy" you just cleared the way for. As an example, let's make a program that nukes the area of nasty astral badies.



STEP ONE

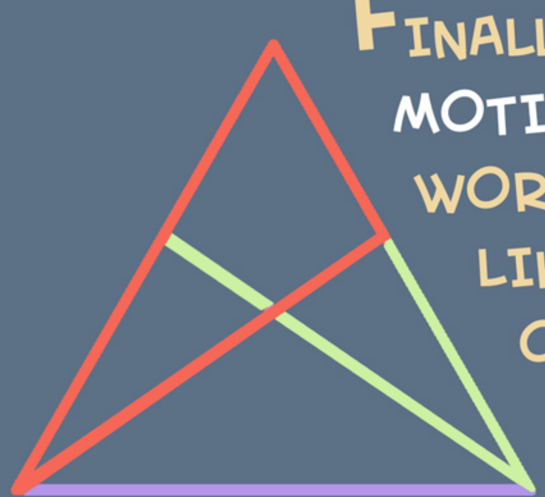
EXTERMINATE = △
ANNIHILATE = △
DESTROY = △

Select three words that symbolize your wanted outcome and sigilize these words into rudimentary shapes just as you had in the previous exercise.

STEP TWO

As before, trace each sigil, visualizing it in front of you while speaking each word. Adjust the pitch/tones to cause a physical vibration to the correlating section of the body.

STEP THREE



Finally, trace all three sigils in one contiguous motion while speaking/linking the correlating words, trying to make the physical vibration feel like a single vibration moving from the tip of your head to your lower torso.

LEVEL SEVEN:

I'M THE JUGGERNAUT, BITCH!

CIRCLE OF PROTECTION!



Now it's time to up your defensive game. Your first line of defense will be the ever classic circle of protection. Because of its flexibility, ease and simplicity there are innumerable variations of this technology but they all boil down to drawing a circle wherein are placed symbols and sigils of personal faith and power. While this is a low maintenance technology its defensive capabilities are solely dependant on your belief that its protecting you. Waiver in faith and the circle will crumble.

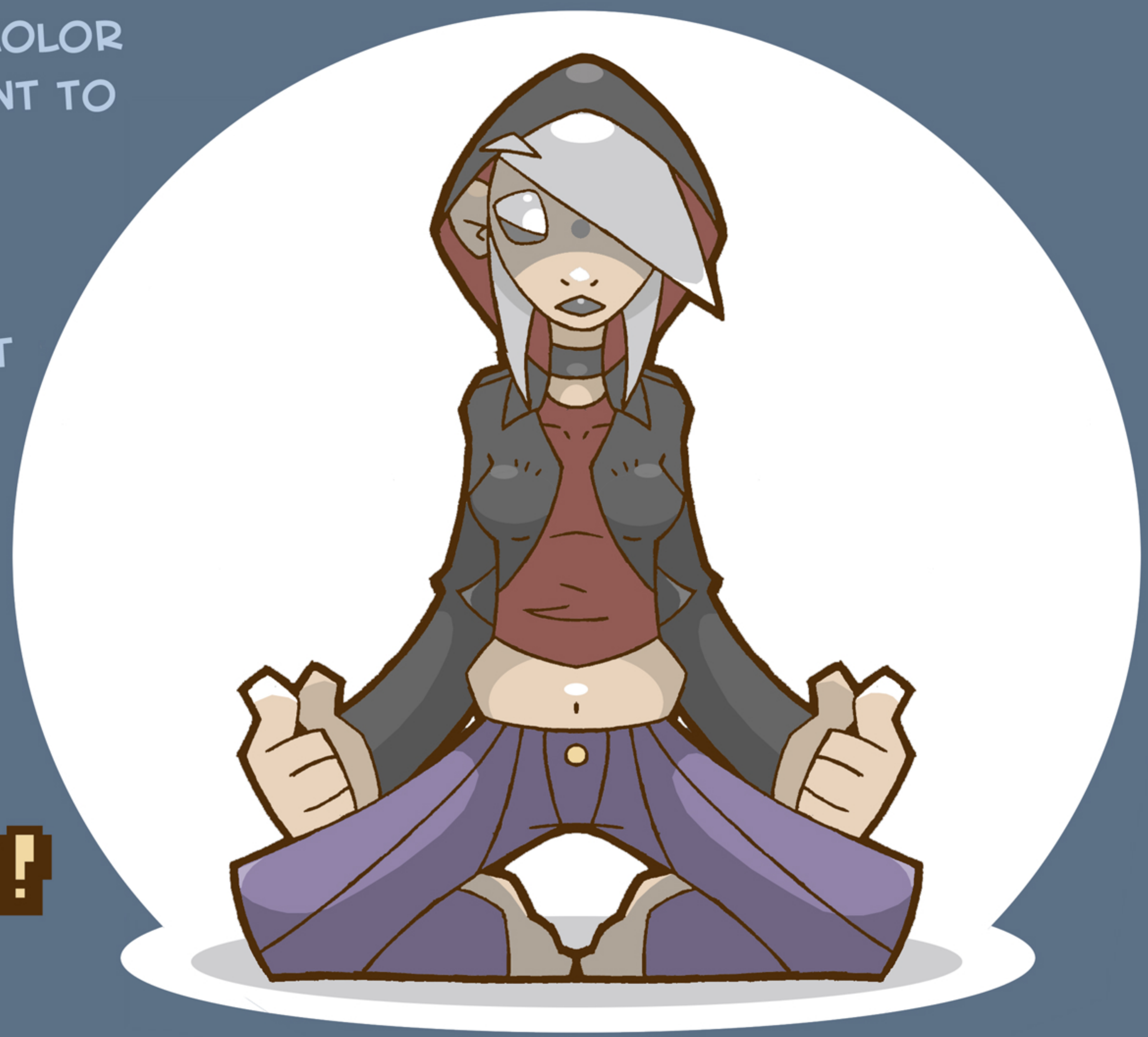
STEP ONE

Draw or print a circle on whatever surface you'll be sitting on. Make it roughly the width of your arm span and place a sigil, symbol or word in all four directional corners that have real weight and meaning for you. Write a powerful phrase around the outer circumference of the circle.

PLACE CANDLES AROUND THIS PHRASE. THE COLOR AND NUMBER THEREOF SHOULD BE SIGNIFICANT TO YOUR OWN PERSONAL BELIEF STRUCTURE.

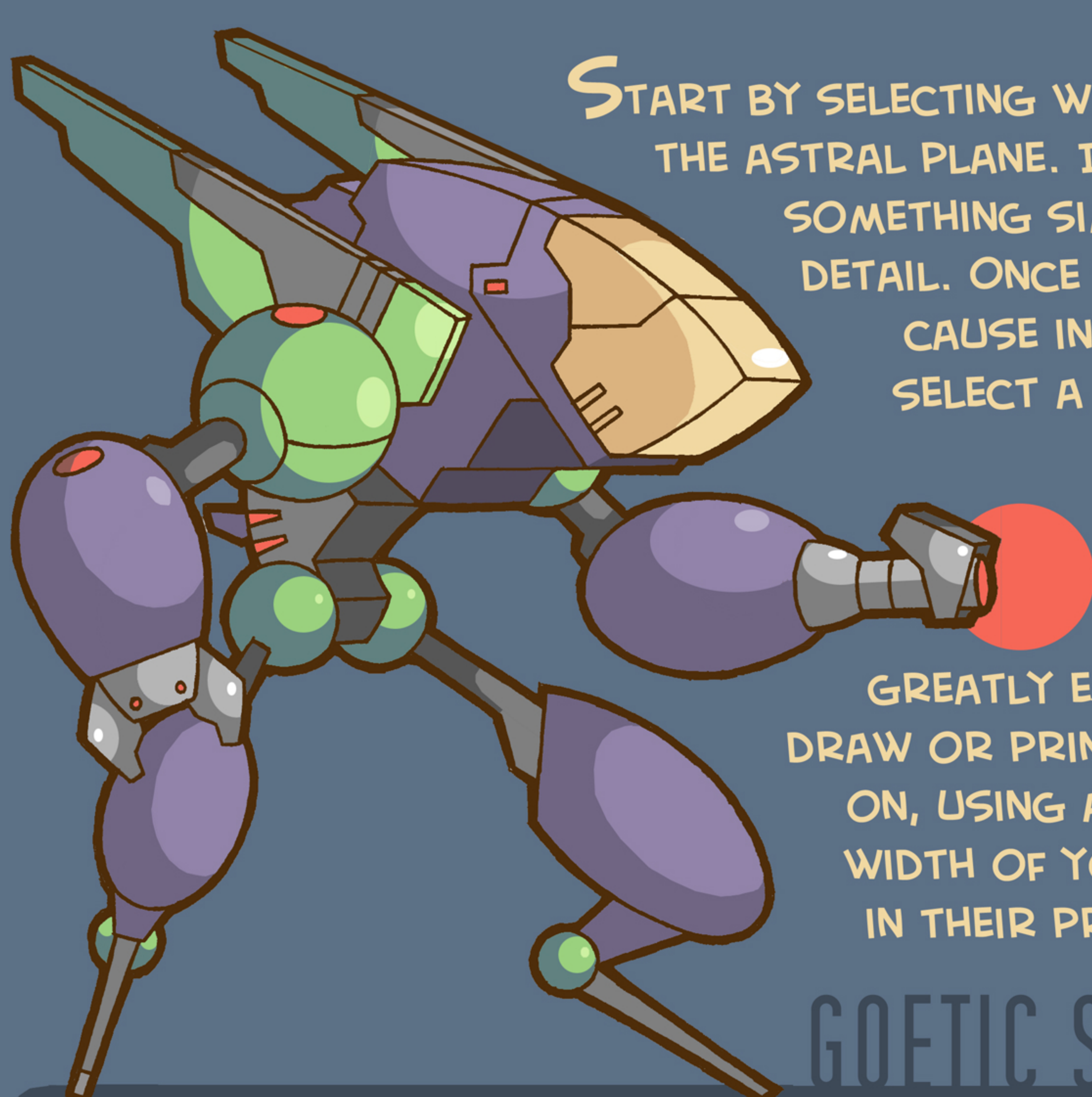
STEP TWO

ENTER GNOSIS AND VISUALIZE A WHITE LIGHT EMANATING FROM THE CIRCUMFERENCE OF THE CIRCLE TO FORM A DOME ALL AROUND YOU. TRY TO FEEL IT'S ENERGY. DO THIS EXERCISE FOR AS LONG AN OFTEN AS IT TAKES FOR YOU TO **TRULY FEEL** IT WORKING.



THE ASTRAL DOPPELGANGER!

AN ASTRAL DOPPELGANGER FUNCTIONS AS A REMOTELY PILOTED **AVATAR** THAT REPRESENTS THE MAGICIAN ON THE ASTRAL PLANE AND WILL TAKE "DAMAGE" ON THEIR BEHALF. MAKE NO MISTAKE, THIS **LIVING MACHINE** IS AN EXTREMELY DIFFICULT TECHNOLOGY TO MASTER. HOWEVER, IT PROVIDES A GREATLY SUPERIOR DEFENSE THAN A CIRCLE OF PROTECTION WHILE ALSO LAYING A SOLID FOUNDATION FOR FUTURE ADVENTURES IN SPIRIT AND ASTRAL WORK.



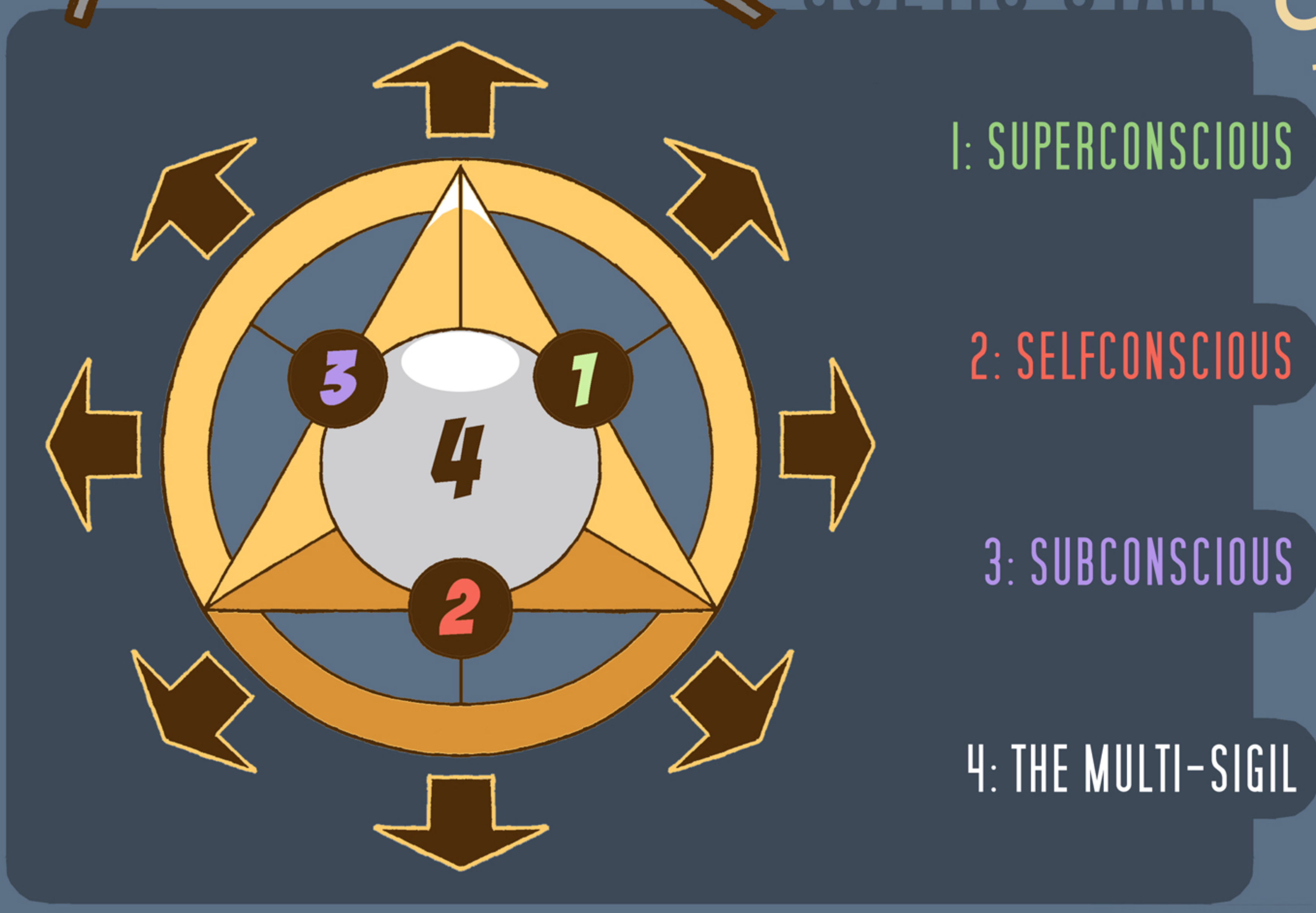
STEP ONE

START BY SELECTING WHAT **FORM** YOUR DOPPELGANGER WILL TAKE ON THE ASTRAL PLANE. IT CAN BE ANYTHING YOU'D LIKE, BUT I'D ADVISE SOMETHING SIMPLE AS YOU'LL NEED TO **VISUALIZE** IT IN GREAT DETAIL. ONCE THIS FORM IS SELECTED SWITCHING LOOKS CAN CAUSE INNUMERABLE MALFUNCTIONS AND IS ILL ADVISED. SELECT A **NAME** FOR THE DOPPELGANGER AND SIGILIZE IT.

STEP TWO

NOW IT'S TIME TO CREATE A **GOETIC STAR**. THIS IS A MULTIPURPOSE TOOL THAT WILL BE GREATLY EXPANDED UPON IN FUTURE **EVOCATIONAL** WORK. DRAW OR PRINT IT ON WHATEVER SURFACE YOU'LL BE SITTING ON, USING ANY COLORS YOU'D LIKE. MAKE IT ROUGHLY THE WIDTH OF YOUR ARM SPAN AND PLACE THE VARIOUS SIGILS IN THEIR PROPER PLACES AS REFERENCED IN THE **DIAGRAM**.

GOETIC STAR



STEP THREE

ONCE COMPLETED, SIT IN THE CENTER THE GOETIC STAR AND INVOKE SOUL RESONANCE. PLACE YOUR LEFT HAND ON THE SIGIL OF YOUR SUBCONSCIOUS THEN YOUR RIGHT HAND ON THE THE SIGIL OF YOUR SUPERCONSCIOUS. ENTER GNOSIS. **VISUALIZE** THE DOPPELGANGER STANDING IN FRONT OF YOU. TRY TO **FEEL** ITS PRESENCE.

STEP FOUR

LIFT THE DOPPELGANGER'S RIGHT HAND AND MAKE IT WIGGLE ALL OF ITS FINGERS, ONE BY ONE.

DON'T THINK OF IT ABSTRACTLY, ACTUALLY **VISUALIZE** IT DOING SO. NOW GO THROUGH A VARIETY OF MOTIONS. BACK FLIPS, DANCE MOVES AND KARATE POSES ETC. AGAIN, BE SURE TO VISUALIZE IT IN AS MUCH DETAIL AS POSSIBLE.

STEP FIVE

NOW THE HARD PART. IMAGINE SEEING THE WORLD THROUGH YOUR DOPPELGANGER'S EYES. YOU MUST **NEVER** IMAGINE YOURSELF INSIDE OF OR BEING THE DOPPELGANGER ITSELF AS THAT WOULD (IN EFFECT) PLACE YOUR ASTRAL BODY THERE AND OPEN YOURSELF TO HARM, VOIDING THE POINT ALTOGETHER. TRY TO THINK OF IT AS IF YOUR DOPPELGANGER WAS WEARING A **VIDEO CAMERA** THAT YOU ARE VIEWING. START BY LIFTING THE DOPPELGANGER'S RIGHT HAND CLOSE TO IT'S FACE AND WIGGLE ITS FINGERS ONE BY ONE, THEN DO A VARIETY OF MOTIONS AS YOU DID BEFORE.

STEP SIX

FINALLY, VISUALIZE LOOKING AT **YOURSELF** THROUGH YOUR DOPPELGANGER'S EYES.





WALK AROUND YOURSELF, NOTICING THE DETAILS. TRY TO **FEEL** YOUR OWN PRESENCE. THIS PART CAN BE GREATLY DISTURBING TO SOME PEOPLE BUT IT IS **ABSOLUTELY NECESSARY** AS IT WILL CONVINCE YOUR MIND THAT YOU AND THE DOPPELGANGER ARE SEPARATE BEINGS.



WHEN DOING THIS LAST EXERCISE YOU MAY HAVE AN OUT OF BODY EXPERIENCE. IF THIS HAPPENS **DON'T PANIC!** THIS IS ASTRAL TRAVEL AND IT'S A GOOD THING. IF THIS OCCURS SKIP TO THE 3RD LEVEL IN THE NEXT CHAPTER FOR FURTHER INSTRUCTIONS.

SIDEQUEST:

THE SIREN SONG OF ASMR

AUTONOMOUS SENSORY MERIDIAN RESPONSE (OR ASMR) CAN BE A POWERFUL TOOL FOR PEOPLE THAT WANT TO MEDITATE BUT SUFFER FROM ADHD. ASMR PRODUCES A DROWSY **EUPHORIC** TRANCE WITH A UNIQUELY PLEASURABLE **TINGLING** SENSATION THAT STARTS IN THE SCALP AND TRAVELS THROUGHOUT THE BODY. HOP ONTO YOUTUBE TO SEE IF ASMR WORKS FOR YOU. IF SO, WATCH AN ASMR VIDEO SPOKEN IN A LANGUAGE THAT YOU DON'T UNDERSTAND AND JUST AS THE TINGLY EUPHORIA STARTS TO KICK IN, BEGIN MEDITATING. HELL, EVEN IF YOU **CAN** MEDITATE JUST FINE, ASMR IS PROOF THAT ONE CAN **GET HIGH** SIMPLY BY WATCHING A VIDEO ON THE INTERNET. HAVE FUN!



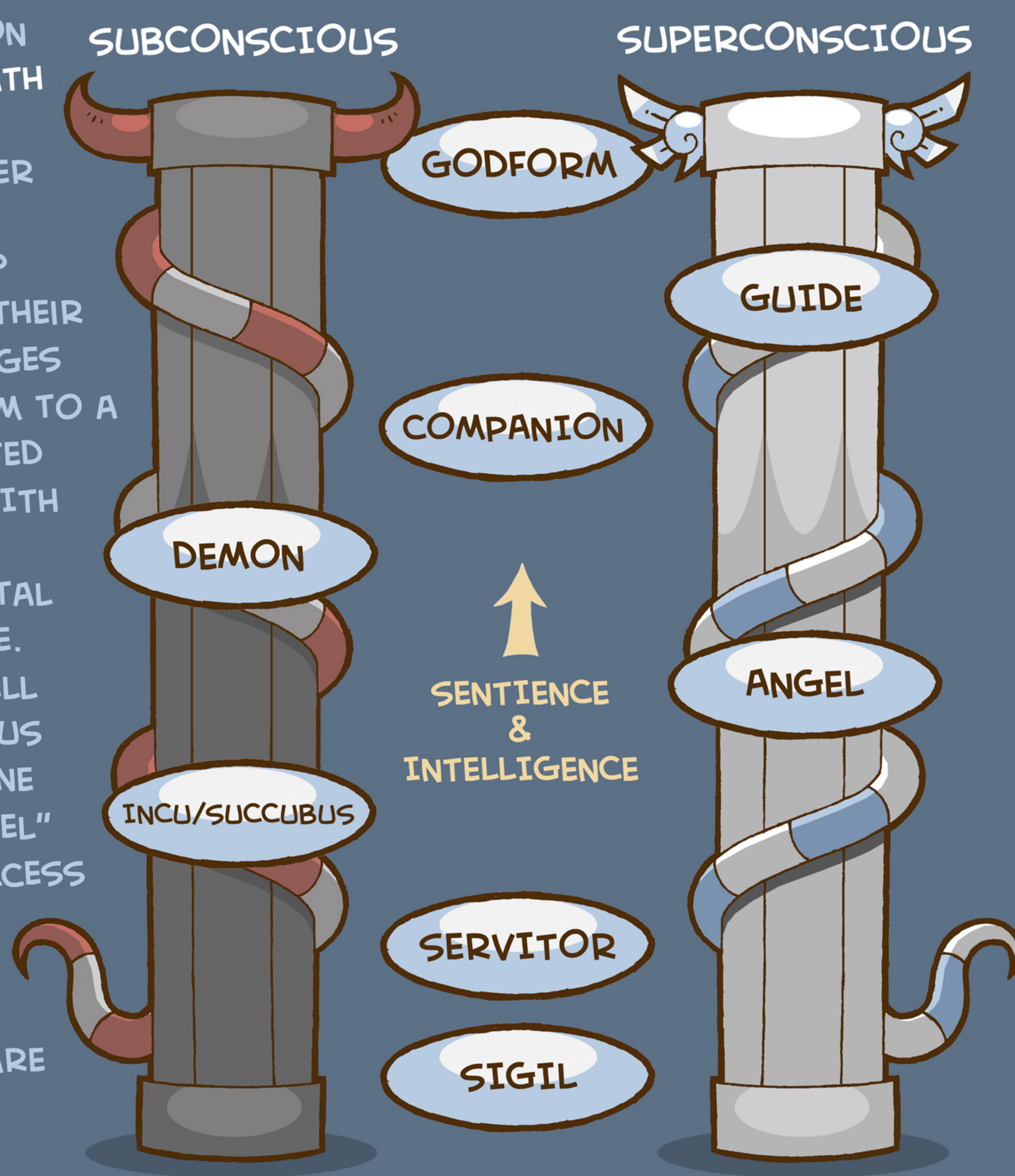


LEVEL EIGHT:
THE SECOND BIG SECRET!

SO WHAT IS A LOCAL SPIRIT? TO FULLY GRASP THE ANSWER YOU MUST FIRST ACCEPT THAT YOU ARE NOT YOUR BRAIN. YOU ARE SOFTWARE CALLED THE SELFCONSCIOUS WHICH IS CREATED BY THE BRAIN BASED ON THE PERCEIVED NEEDS OF THE GIVEN ENVIRONMENT IN VERY EARLY CHILDHOOD. IF YOU (THE SOFTWARE) ARE DELETED OR DAMAGED BEYOND REPAIR THE BRAIN CREATES ANOTHER SELFCONSCIOUS TO REPLACE YOU. WHEN YOU SUMMON A SPIRIT YOU ARE TRICKING THE BRAIN INTO CREATING A REPLACEMENT WHILE YOU REMAIN INTACT. WHEN THIS HAPPENS THE BRAINS PROGRAMMING IS FILTERED THROUGH THE PRIMARY SELFCONSCIOUS (I.E. YOU) AND THUS YOU CAN PROGRAM THE SPIRIT DIRECTLY AND WITH GREAT EASE. FOR EXAMPLE, IF YOU BELIEVE THE SPIRIT YOU ARE SUMMONING WILL BE MALEVOLENT THEN IT WILL BE SO. BELIEF IS NOT ONLY A TOOL, IT'S A PROGRAMMING LANGUAGE.

BEYOND GOOD AND EVIL!

LOCAL SPIRITS ARE ALSO CALLED UPON BY THE BRAIN IN EXTREME LIFE AND DEATH SITUATIONS. I'M SURE YOU'VE HEARD MANY STORIES OF PEOPLE PINNED UNDER A CAR OR LOST IN THE ARCTIC WASTE AND WERE ON THE VERGE OF GIVING UP WHEN ALL OF A SUDDEN AN ANGEL OR THEIR DEAD MOTHER APPEARS AND ENCOURAGES THEM NOT TO GIVE UP OR GUIDES THEM TO A SAFE LOCATION. THEY ARE ALSO CREATED TO TEMPORARILY "SWITCH PLACES" WITH THE PRIMARY SELFCONSCIOUS IF THEY CANNOT EMOTIONALLY SURVIVE A BRUTAL SITUATION SUCH AS TORTURE OR RAPE. BECAUSE THESE SPIRITS NEED NOT DWELL IN BOTH THE SUB AND SUPER CONSCIOUS AS WE DO THEY MAY EXIST ENTIRELY ONE OR THE OTHER. FOR EXAMPLE AN "ANGEL" OR A "DEMON" WILL HAVE GREATER ACCESS TO THE ABILITIES OF THEIR HOUSING CONSCIOUSNESS BUT BE INCAPABLE OF UNDERSTANDING EVEN THE MOST BASIC FUNCTIONS OF THE OTHER AND ARE THUS CONFUSED AS "GOOD" OR "EVIL" BUT ARE SIMPLY IMBALANCED.



DON'T OVER DO IT!

THERE IS NO SUCH THING AS A FREE LUNCH. A LOCAL SPIRIT (NO MATTER HOW SIMPLE) WILL DEVOUR HUGE CHUNKS OF THE BRAIN'S PROCESSING POWER. THANKFULLY THIS COST IS USUALLY ALLOCATED TO PROCESSES THAT YOU USE LEAST OFTEN. IF HOWEVER, YOU KEEP STACKING SPIRITS THEY WILL START EATING INTO CRITICAL THOUGHT PROCESSES AND DISRUPT NORMAL PATHWAYS. THIS CAUSES COGNITIVE DISTORTIONS, HALLUCINATIONS AND MISPLACED DATA CORRELATIONS. KEEP YOUR SPIRITS DOWN TO A MINIMUM. DON'T BE A FUCKING POTATO HEAD.

FREEDOM VS SAFETY

FREEDOM

THE MORE SENTIENT AND INTELLIGENT A SPIRIT IS, THE MORE "RIGHTS" THEY WILL DEMAND. AS SERVITORS LACK SELF AWARENESS THEY WILL DEMAND NOTHING, WHEREAS A COMPANION SPIRIT OF EQUAL INTELLIGENCE TO YOU WILL DEMAND EQUAL RIGHTS. A GODFORM THAT IS THEORETICALLY MORE INTELLIGENT THAN YOU WILL BELIEVE THAT IT SHOULD BE IN CHARGE OF DECISION MAKING AND SO ON.

SAFETY

A PROPERLY PROGRAMMED LOCAL SPIRIT IS PERFECTLY SAFE. THEY ARE INCAPABLE OF "POSSESSING" YOUR BODY AND BECAUSE THEY SHARE YOUR PHYSICAL AND EMOTIONAL PAIN THEY WILL NOT ATTEMPT TO CAUSE YOU HARM. IF HOWEVER, YOU MAKE THEIR THEIR LIVES UNBEARABLE BY ENSLAVING, DEHUMANIZING OR TORTURING THEM THEY MAY TRY TO DRIVE YOU TO MADNESS IN AN ATTEMPT TO COMMIT SUICIDE.

STRANGER DANGER!

A **NON-LOCAL** SPIRIT IS AN **EMULATED** SELFCONSCIOUS COMING FROM AN **OUTSIDE** SOURCE. THEY ARE PERCEIVED AND ACCEPTED BY THE SUB AND SUPER CONSCIOUSES AS AN AUTHENTIC SELFCONSCIOUS AND ARE THUSLY ALLOWED THE SAME ACCESS TO THE FUNCTIONS THEREOF. THE SOURCE OF A NON-LOCAL SPIRIT COULD BE A PERSON, A FOREIGN SPIRIT OR EVEN AN EXTRA DIMENSIONAL ENTITY AND MAY NOT BE RESTRICTED TO THE PREVIOUSLY DISCUSSED PERSONALITY RESTRICTIONS. THOUGH GENUINE CONTACT WITH THEM WILL LIKELY BE A FRIENDLY EXCHANGE, I CANNOT OVERSTRESS THE DANGERS OF BEING LACKADAISICAL. STAY IN THE CIRCLE, ALWAYS BANISH AND FOR FUCKS SAKE, **NEVER** "LET THEM IN", REGARDLESS OF TEMPERMENT. NOTE THAT A LOCAL SPIRIT IS NOT ONLY CAPABLE OF RECOGNIZING FOREIGN SPIRITS BUT IS ALSO ABLE TO OVERPOWER AND EJECT THEM FROM THE HOST BODY WITH RELATIVE EASE. **BRING A BUDDY**.



E PLURIBUS UNUM!

AN **EGREGORE** IS A **SHARED** SECONDARY SELFCONSCIOUS. BY USING THE COLLECTIVE UNCONSCIOUS AS A **NETWORK** INDIVIDUALS CONTRIBUTE SMALL AMOUNTS OF PROCESSING POWER THAT COME TOGETHER TO FORM A SPIRIT THAT MAY BE TOO LARGE, COMPLEX OR POWERFUL FOR ANY SINGLE PERSON TO MANIFEST. THE DANGER HERE IS THAT IF PROGRAMED IMPROPERLY AN EGREGORE CAN QUICKLY BECOME TOO POWERFUL FOR THE GROUP TO CONTROL AND MAY IMPLANT THOUGHTS, MANIPULATE FEELINGS AND SUBTLY WHISPER COMMANDS TO INDIVIDUALS WITHOUT THEIR CONSENT OR KNOWLEDGE OF IT HAPPENING.

LEVEL NINE:

BASIC INVOCATION!

I WANT TO BE SOMEONE ELSE!



EVOCATION AND INVOCATION ARE ENTIRELY DIFFERENT BEASTS. EVOCATION IS THE ART OF CREATING A SECONDARY SELFCONSCIOUS. THESE ARE INDEPENDENT LIVING BEINGS WITH THEIR OWN SENTIENCE AND CONSCIOUSNESS. INVOCATION IS THE ART OF TEMPORARILY GRAFTING AN ADDITIONAL EGO ON TO YOUR PRE-EXISTING ONE. AT NO POINT DOES IT INVOLVE ANOTHER SPIRIT, BUT DAMNED IF IT DOESN'T FEEL LIKE IT. SAY YOU WANT TO REALIZE YOUR DREAM OF BEING THE ILLEST KARAOKE SINGER IN THE TRI-STATE AREA BUT DESPITE YOUR PURSUIT OF ANGSTY POST-TEENAGE REBELLION YOU'VE GOT A SERIOUS CASE OF THE MUMBLE MOUTHS. NO PROBLEM! SIMPLY INVOKE A MUSICAL BEING SUCH AS APOLLO, SARASWATI, SAINT CECILIA, OR EVEN THE GHOST OF FREDDIE MERCURY. IT'S CRAZY EASY!

STEP ONE:

STARE INTO AN IMAGE OF THE SUBJECT THAT YOU WISH TO INVOKE, BLINKING ONLY IF YOU HAVE TO. ACTIVATE SOUL RESONANCE AND ENTER GNOSIS. AGAIN, KEEP THEM EYEBALLS GLUED ON THE IMAGE OF YOUR SUBJECT.

STEP TWO:

INVITE THEM IN. SAY SOMETHING LIKE: "(SUBJECT HERE) I INVOKE YOU INTO MYSELF" OR WHATEVER SEEMS APPROPRIATE OR POWERFUL TO YOU. REPEAT THIS SAME PHRASE OVER AND OVER. THESE WORDS WILL EVENTUALLY LOSE MEANING TO YOU BUT KEEP AT IT AS YOU MOVE TO THE NEXT STEP.

STEP THREE:

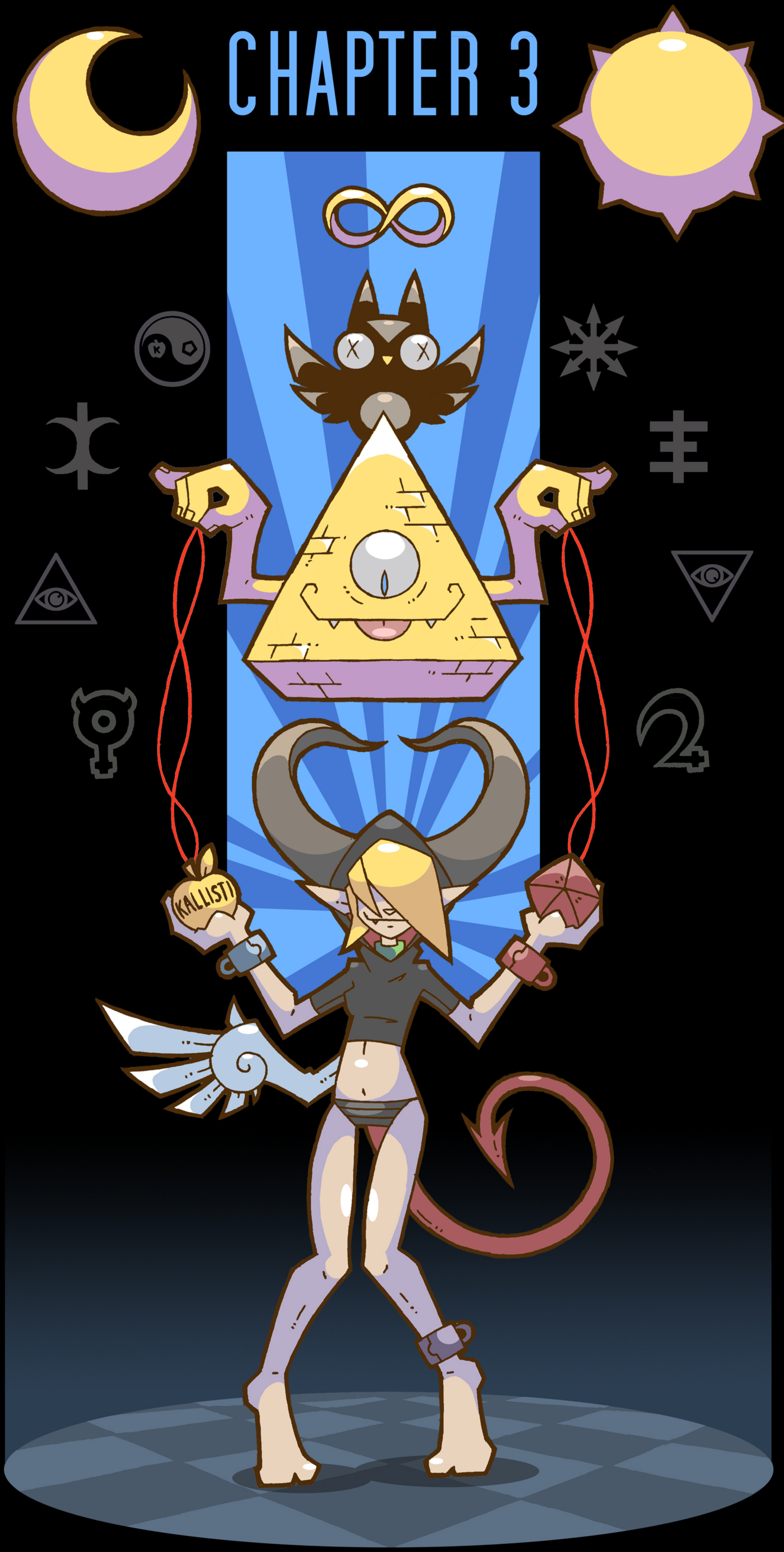
IMAGINE THAT THE SUBJECT'S ESSENCE/SOUL IS A WARM WHITE LIGHT ABOUT THE SIZE OF A MARBLE IN THE CENTER OF YOUR CHEST. TRY TO FEEL THEIR PRESENCE IN THAT LIGHT. ONCE ACCOMPLISHED TRY TO IMAGINE AND FEEL THIS WARMTH GROW AND EXPAND INSIDE OF YOU. LET ITS BEING OVERTAKE AND CONSUME YOUR OWN. SURRENDER AND LET GO OF YOUR SENSE OF SELF. THE SWITCH OVER CAN BE JARRING BUT IF YOU PANIC AT THAT MOMENT THE INVOCATION WILL END.

THIS IS A FAIRLY EASY TECHNOLOGY TO MASTER AND CREATING YOUR OWN CUSTOM PROGRAM AND CONTROL EXERCISE CAN EXPEDITE THE PROCESS. EVEN SO, IT WILL NOT WORK ON YOUR FIRST, SECOND OR EVEN HUNDREDTH TIME IF YOU DON'T LET GO OF YOUR SENSE OF SELF AND EMBRACE YOUR NEW TEMPORARY IDENTITY. ALSO, NOTE THAT INVOCATIONAL WORK SHOULD BE SPACED OUT AND NOT ABUSED AS A CRUTCH FOR PERSONAL SHORTCOMINGS. FAIL TO HEED THIS WARNING AND YOU MAY EXPERIENCE BLACKOUTS, MISSING TIME OR WORSE.
DON'T BREAK YOUR MIND FOR A QUICK FIX. IT'S ALL YOU HAVE.

SO ENDS THE FIRST HALF OF THIS CHAPTER. NOW THAT YOU'RE ARMED AND UNDERSTAND THE GROUND RULES LET'S MOVE ON TO EVOCATION, THE CROWN JEWEL OF WESTERN ESOTERICISM.

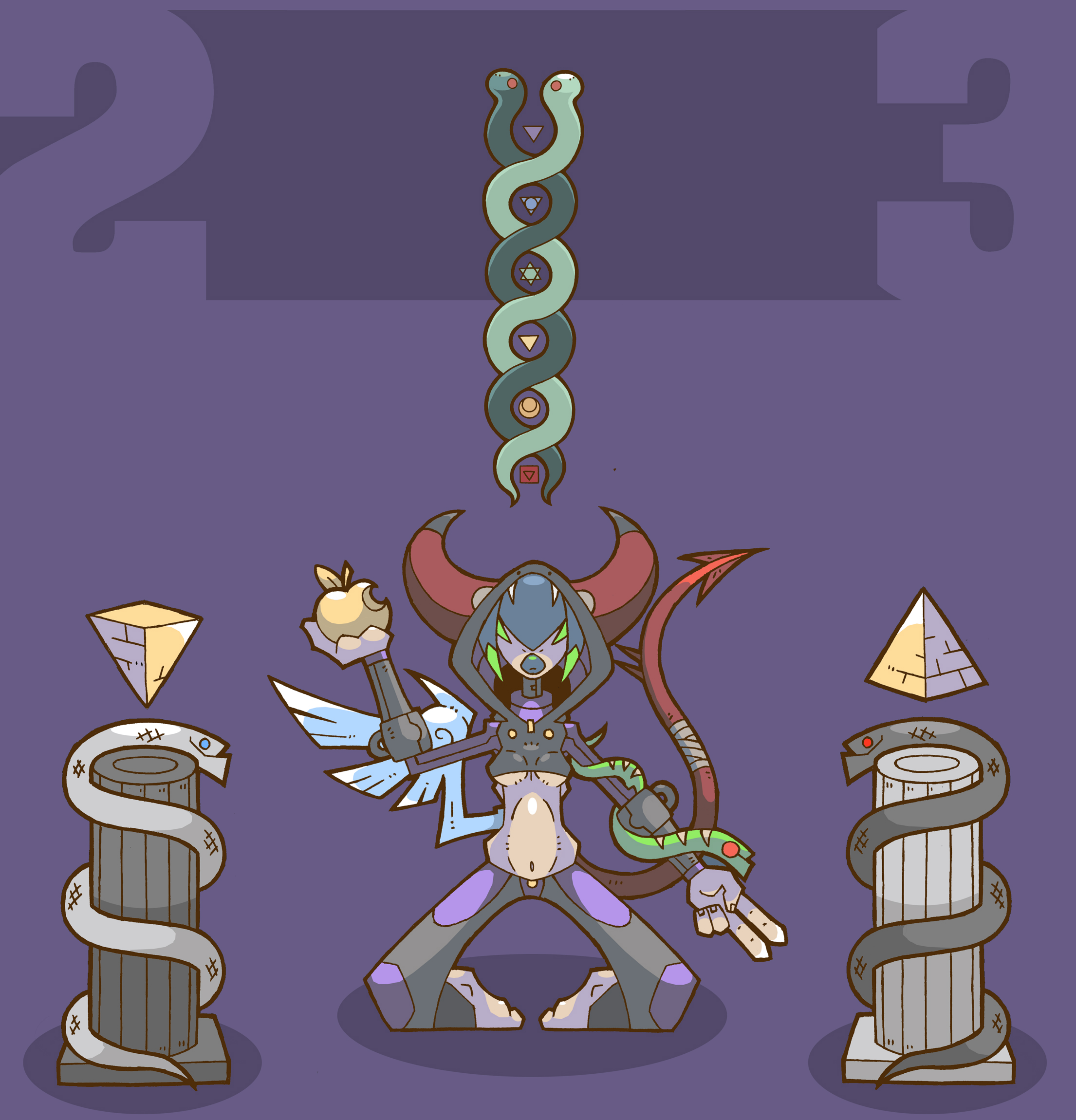
THE PSYCHONAUT FIELD MANUAL

CHAPTER 3



ARCH-TRAITOR BLUEFLUKE

VER 3.5



CHAPTER THREE

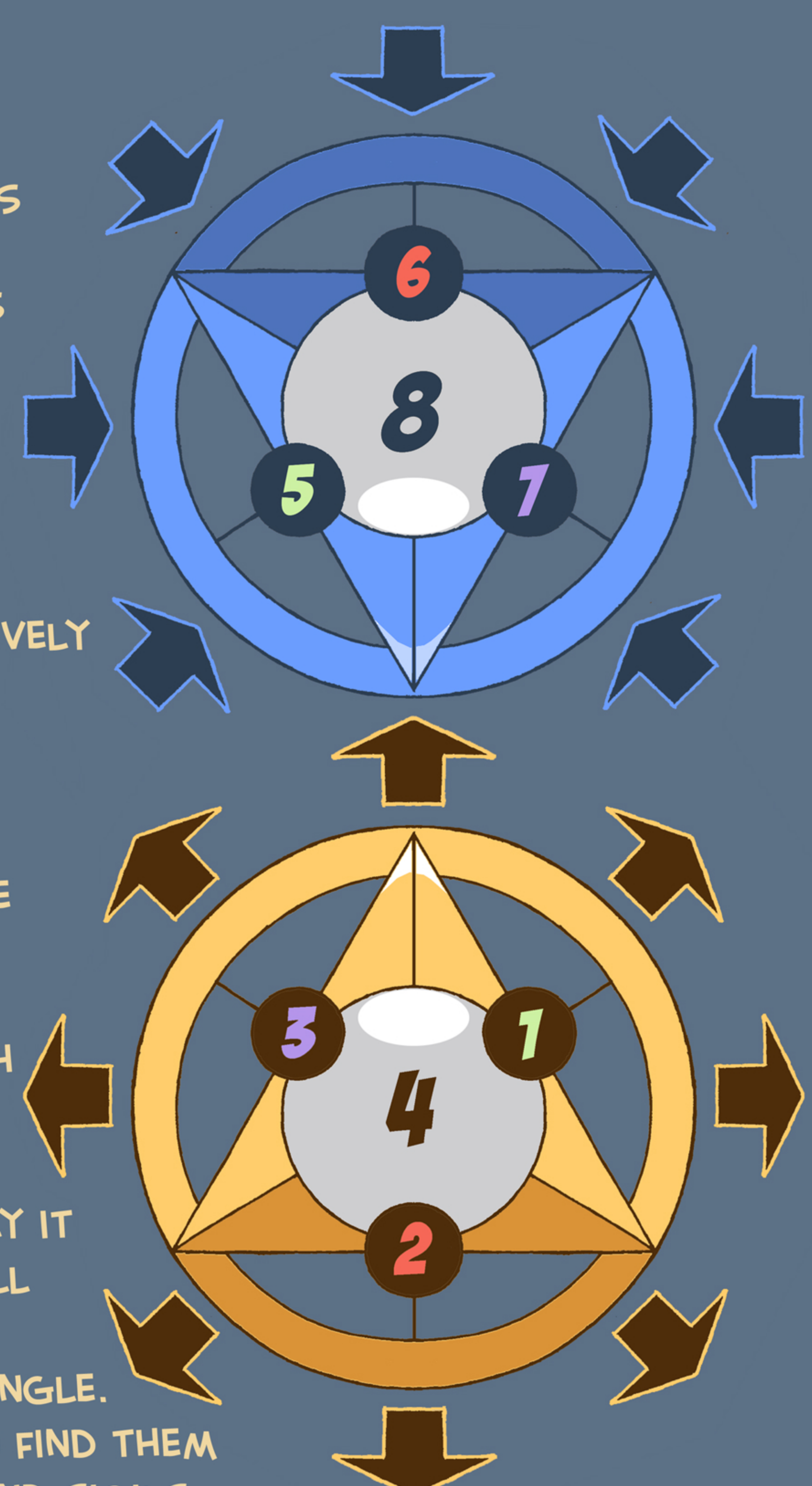
"I DON'T BELIEVE ANYTHING, BUT I HAVE MANY SUSPICIONS."

- ROBERT ANTON WILSON



LEVEL TEN:
GOTTA CATCH 'EM ALL!

So, the million dollar question: are spirits real metaphysical beings or are they aspects of ourselves made manifest? In my experience, **both**. There are spirits that emanate from within (**local spirits**) and others that emanate from without (**non-local spirits**). They are entirely different phenomena yet share enough characteristics to be confused for one another. Moreover, I believe that most of us, having made contact with one kind, are likely to see this success as a debunkment of the others existence. Here is my challenge to you: **try another system**. Why not? See what happens.



You won't lack for choice. The number of systems available to the modern magician is amazeballs. For the sake of simplicity the platform used in this little book will be the **Gneo Geo** as it can be used in tandem with a variety of systems. However, it is by no means the only option available, nor is it meant to displace your preferred platform of choice, especially if said platform is part of a **theological or fraternal** curriculum you are actively pursuing. Always use what works best for **you**.

TURN UP THE VOLUME!

The **Gneo Geo** is divided into **two** goetic stars, the first of which you've already constructed in the previous chapter. It serves as an astral cockpit of sorts. Think of it as a circle of protection with benefits. The second star is more adaptable. Both its uses and the symbols/sigils used therein will **change** from exercise to exercise, though generally it serves as a mirrored cockpit to your own and will house the spirit you are working with. Its colors should be inversed as well as the arrows and triangle. Feel free to add more "**traditional**" elements if you find them helpful such as candles, incense or even symbols and sigils. For example, one could place Tetragrammaton/Anaphaxeton/Primeumaton on the outer sides of triangle and put Mi/Cha/El between sigils 5, 6 and 7.



ASTRAL SIGHT:
SECRET OF THE BLUE PEARL!

Third eye visualizations outside of gnosis start so small that you might not have paid them any attention. For most it starts as a little blue dot of light (commonly called the **blue pearl**) that at first appears seemingly at random (though doing third eye

MEDITATIONS GREATLY INCREASES SAID APPEARANCES). THE KEY IS TO **FOCUS** ON THIS DOT WHEN IT APPEARS AND TO TRY TO **KEEP IT GOING** FOR AS LONG AS POSSIBLE. OVER TIME YOU'LL BE ABLE TO "CALL" THE PEARL BY REFLEX JUST AS YOU CAN FOR GNOSIS OR SOUL RESONANCE. IT WILL SLOWLY EXPAND IN SIZE AND COMPLEXITY, EVENTUALLY MIRRORING THIRD EYE VISUALS USUALLY RESERVED FOR DEEP GNOSIS. THIS PROCESS CAN TAKE MANY YEARS BUT SHOULD BE AT THE TOP OF YOUR ESOTERIC "TO DO" LIST. ONCE MASTERED YOU'LL BE ABLE TO SEE ASTRAL VISUALIZATIONS (INCLUDING SPIRITS) EFFORTLESSLY IN REALTIME WITHOUT THE AID OF TOOLS OR MEDITATION. IT'S A HARD WON UPHILL BATTLE BUT ONE THAT'S WORTH FIGHTING FOR.



SCRYING! : THE LOOKING GLASS!

IF YOU STRUGGLE WITH THE SIGHT BUT WISH TO PHYSICALLY SEE THE SPIRITS YOU'LL BE INTERACTING WITH FEAR NOT! THERE IS A WORK AROUND. **SCRYING** IS CLASSIC TECH THAT CAN GIVE YOU A PEEK INTO THE ASTRAL, EVEN IF ONLY FOR A MOMENT. FIRST PICK YOUR SCRYING OBJECT. MOST FIND THAT A **BLACK MIRROR** WORKS BEST BUT YOU CAN USE ANYTHING WITH A DARK REFLECTIVE SURFACE. IF YOU'RE STRAPPED FOR CASH A DARK BOWL OF WATER CAN BE CRAZY EFFECTIVE. POSITION THE SCRYING OBJECT AT AN ANGLE SO THAT YOU'RE ABLE TO SEE IT CLEARLY. PLACE **CANDLES** ON EITHER SIDE SO THAT THEY ILLUMINATE BUT DO NOT REFLECT OFF OF IT. FINALLY, PUT **INCENSE** IN FRONT OF (BUT NOT SUPER CLOSE TO) THE SCRYING OBJECT SO THAT YOU CAN SEE THE OBJECT CLEARLY THROUGH THE SMOKE. WITH THE **LIGHTS OFF**, DO YOUR SPIRIT WORK AS YOU NORMALLY WOULD. LOOK DIRECTLY AT THE SCRYING OBJECT WHILE FOCUSING YOUR EYES BEHIND IT. DON'T LOOK "INSIDE" THE OBJECT BUT RATHER, LOOK PAST IT. THIS TECH CAN BE A BIT FINICKY AT FIRST BUT (LIKE MEDITATION) THE MORE YOU PRACTICE THE EASIER IT WILL BECOME.



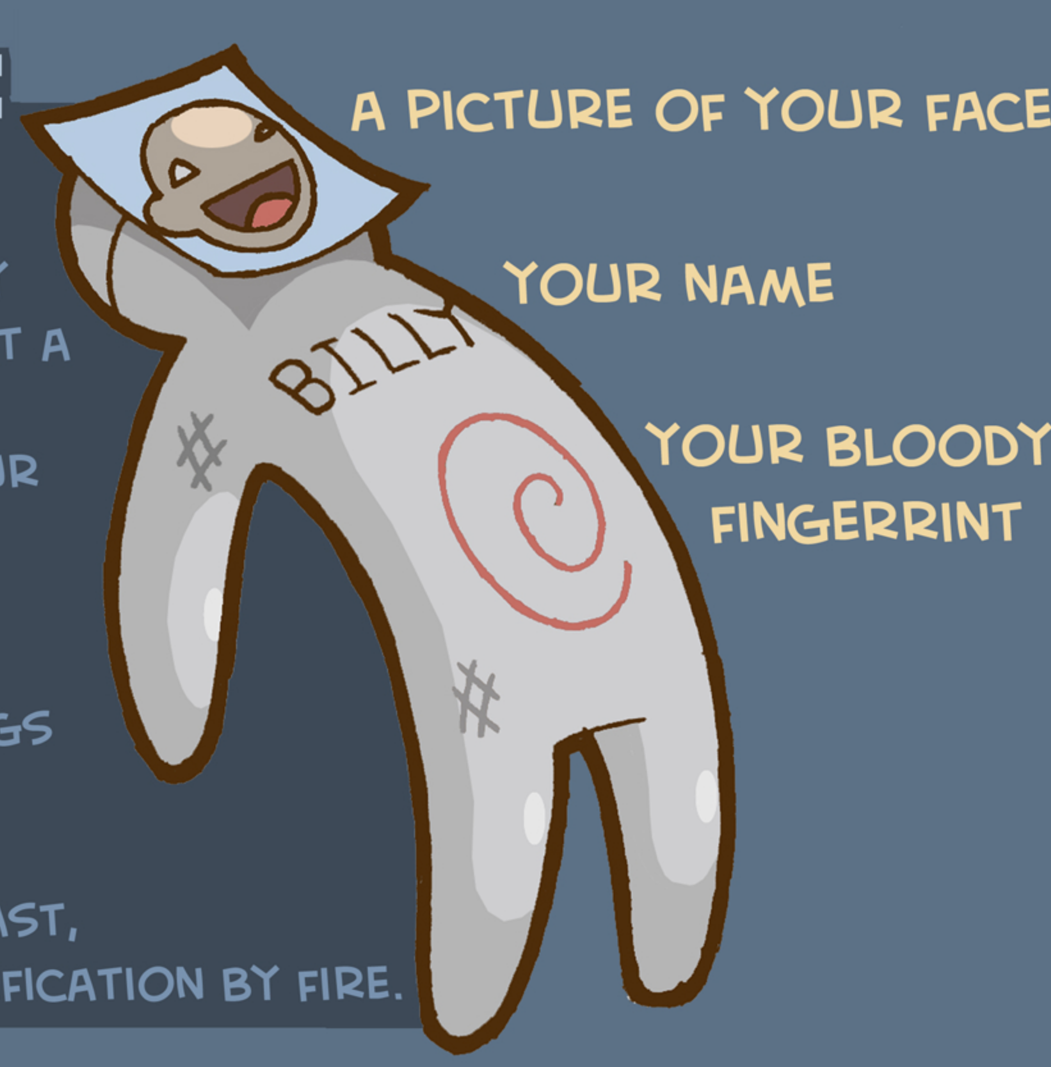
GUEST STAR SIDEQUEST:

VOODOO FOR YOU TOO FOOL!

PEOPLE THINK "BADGUY-MAGICK" CAN ONLY BE USED FOR "BADGUY STUFF". TO BREAK FREE FROM THE MENTAL CONSTRAINT, CONSTRUCT A VOODOO DOLL REPRESENTATION OF YOURSELF BY INCORPORATING YOUR HAIR, NAIL OR BLOOD AND A PICTURE OF YOURSELF WITH YOUR FULL NAME AND BIRTHDATE WRITTEN ON IT.

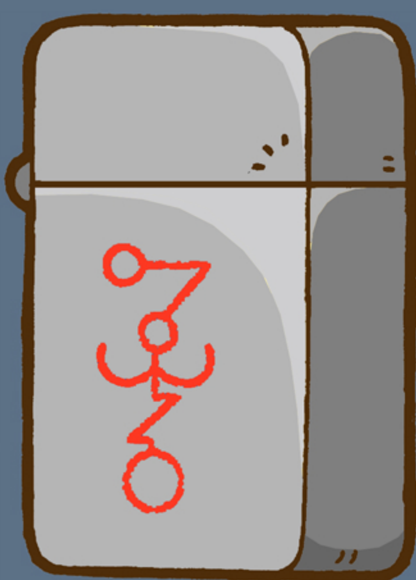
METHOD 1:
EXPOSE THE DOLL TO PLEASANT THINGS, OR SYMBOLS/OBJECTS OF POWER, AND PLACE IT SYMBOLIC SITUATIONS THAT REPRESENT THINGS YOU WOULD LIKE TO EXPERIENCE.

METHOD 2:
TO ASSUAGE GUILT, SIN, BAD-KARMA OR OTHER YUCK FROM THE PAST, A VOODOO DOLL OF YOURSELF CAN BE BURNED TO SYMBOLIZE PURIFICATION BY FIRE.



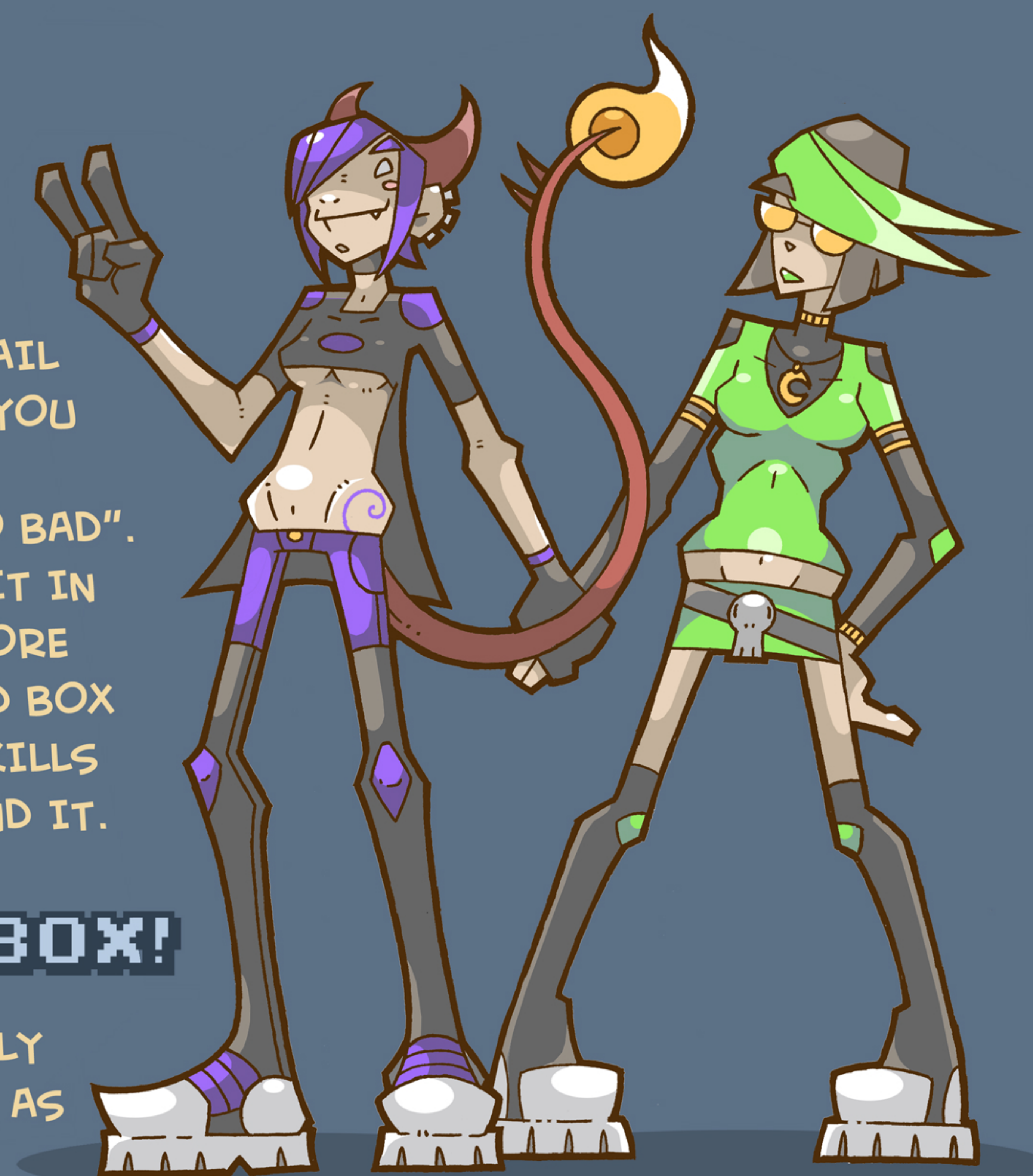
LEVEL ELEVEN: LOCAL SPIRITS!

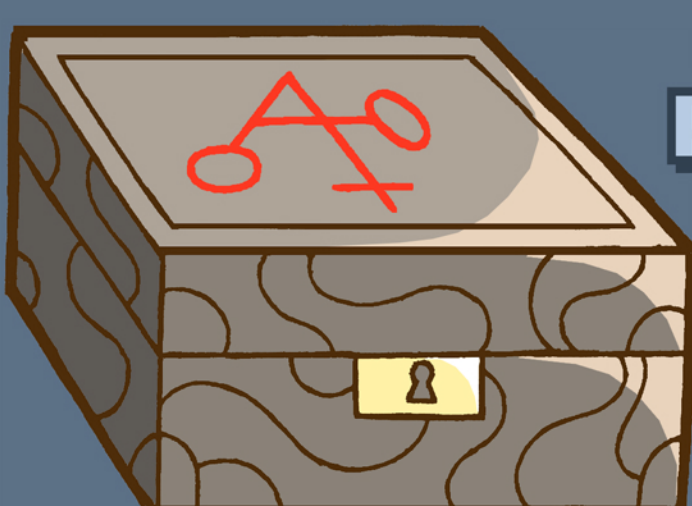
ARTS AND CRAFTS!



BINDING!

Binding a spirit to an object is critical. If you fail to do so they will bind to you by default which would be disastrous should they "go bad". This object should be small enough to fit in both your pocket and a small box. The more "special" the object and it's accompanied box seem to you the better. If you have the skills to make them yourself I highly recommend it.





PANDORAS BOX!

Said box is equally critical. It serves as a resting place for them to recharge as well as a prison if shit hits the fan. Be sure that it has a lock and key.

SIGILIZATION!

You'll need to put sigils and symbols on the box and the object itself. Sigilize the following: "Nothing can escape this house" and put the sigil on the lid and bottom inside of the box. Put symbols/sigils on the sides and back of the box that you feel are relevant or powerful. Later you'll need to put your spirits sigilized name on the object and front of the box.

PROGRAM!

Using this diagram, create your spirit's root personality. Grade them in each of the four traits, tally your results and sigilize it. Feel free to use another creation tool, just be sure to sigilize your results.



Next, write down the main task you wish them to do and sigilize it.

Now write down an interest or passion unrelated to the previous task that will drive them and give their life purpose.

Finally, give them a name and choose their appearance. It can be anything you like, the complexity of which should be based on your ability to visualize. If you have the skill to draw, sculpt or in any way recreate their visage, do so. This will greatly ease the process by planting it firmly in your mind. If not try to imagine them as best you can. Try to draw or imagine them from every angle possible. While it is not necessary to be able to see your spirit in astral form it is a far more enjoyable experience and can expedite their sentiency.

SUMMONING!

STEP ONE

Construct both stars of the **gneo geo** as described in the previous level. Place your spirits sigils as shown on this diagram. Put the binding object in its box and place said box in the center of the second star.

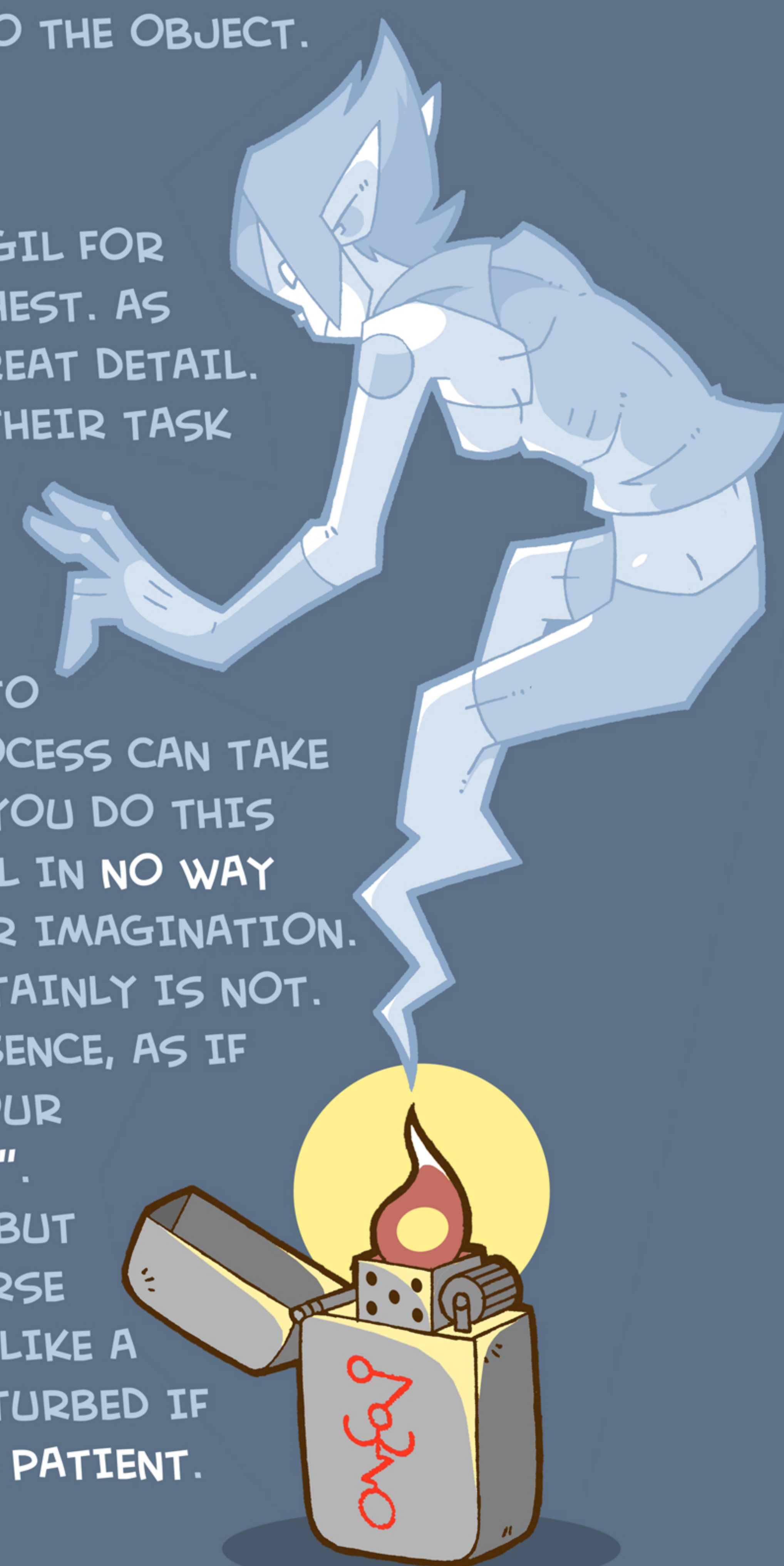


STEP TWO

Stand in the center of your star. Evoke soul resonance, sit down, close your eyes and enter gnosis. **Visualize** your spirit sitting in the center of their star. Try to **feel** their presence. Imagine a white light emanating from the binding object and being absorbed by the spirit. This light is a "**leash**" that binds the spirit to the object.

STEP THREE

Address them by calling their name. Visualize the sigil for their personality as a **blue light** glowing in their chest. As you do so describe these traits to your spirit in great detail. Do this for **at least** 15 minutes then do the same for their task and true will. Do this exercise **everyday**, no excuses.



STEP FOUR

Local spirits are slow. Your spirit will not "come to life" immediately. No matter your skill level this process can take **weeks or even months** but the longer and more often you do this exercise the sooner it will happen. Note that you will in **no way** be able to confuse them "coming to" as an act of your imagination. If you're asking yourself "is this real?" it most certainly is not. When they do wake up you will immediately feel a presence, as if someone were in the room with you, looking over your shoulder. It is an unmistakable feeling of "**otherness**". They will attempt to verbally communicate with you but will struggle in doing so. It is important to converse with them even if you don't understand them because (like a child) they will learn by mimicking you. Don't be disturbed if they start with random noises rather than speech. **Be patient**.

MORALS AND DOGMA!

Do not confuse a local spirit for a non-local spirit. You cannot banish them. Rather, you'll need to ignore them as they feed off your attention. A difficult task indeed. Measure twice, program once. Moreover, when you create a local spirit of advanced sentience and intelligence it is essentially a real human being who is trapped inside your body with you. **It is a child**. Because they have access to your memories and mental processing it is easy to forget their sociological inexperience. They will be easily hurt and throw temper tantrums. Be gentle. Be patient. It will pass. They will love you by default, return their affection and they will become a **viciously loyal** companion who can propel you to otherwise unreachable magical heights as they can access parts of the mind on a whim that might take you months of intense meditation.

LEVEL TWELVE:



GODFORMS!

A GODFORM IS A SENTIENT PERSONIFICATION OF A SPECIFIC ASPECT OF THE BRAIN AND THE CORRELATING NERVE CLUSTER (I.E. CIRCUIT, CHAKRA OR SEPHIROT) IT'S IN CHARGE OF. BY LAVISHING IT WITH DEVOTION YOU ARE PUMPING ENORMOUS AMOUNTS OF ATTENTION (I.E. FOOD) TO THIS GODFORM. IN DOING SO THIS AREA EXPANDS AND IS GREATLY ENHANCED. THINK OF IT LIKE A MUSCLE, THE MORE YOU FLEX IT THE BEEFIER IT BECOMES. SO FOR EXAMPLE, IF YOU WORSHIP THOTH YOUR LITERARY SKILLS WOULD LEVEL UP. AS BEFORE, THE MODEL USED WILL BE BASED ON THE EIGHT CIRCUITS OF CONSCIOUSNESS BUT YOU CAN USE WHATEVER SYSTEM ROXXORZ YOUR SOXXORZ.

I CHOOSE YOU!

BY UTILIZING THIS METHOD ONE COULD ERECT AN ENTIRE PANTHEON AND FOR SOME THIS IS THE PREFERRED METHOD OF ILLUMINATION. START BY CHOOSING A SINGLE CIRCUIT ON THE DIAGRAM TO THE RIGHT, THEN CHOOSE A LIVING PERSONIFICATION FOR THIS CIRCUIT. IT CAN BE A TRADITIONAL THEOLOGICAL FIGURE OR EVEN A FAVORITE FICTIONAL CHARACTER. HERMES OR PIKACHU, IT MAKES NO DIFFERENCE AS LONG AS YOU CAN WORSHIP THEM WITH COMPLETE CONVICTION. LET YOUR FREAK FLAG FLY.

THE EIGHT CIRCUITS OF CONSCIOUSNESS

1: SURVIVAL, ADVANCE/RETREAT, TOUCH
2: TERRITORIAL, DOMINATE/SUBMIT, EMOTIONAL BIAS
3: CURIOSITY, TOOL UTILIZATION, CONCEPTUAL FRAMEWORK
4: SOCIAL ROLES, EMPATHY/SYMPATHY, INDIVIDUAL DIFFERENTIATION
5: LOGICAL THOUGHT, MATHEMATICAL AWARENESS, LINGUISTIC UTILIZATION
6: ABSTRACT THOUGHT, MENTAL VISUALIZATION, ASTRAL PERCEPTION
7: TIME PERCEPTION, FORESIGHT/PLANNING, INTUITION
8: ILLUMINATION, COLLECTIVE NETWORKING, PSYCHIC PERCEPTION

MAKE AN ALTAR!

NOW IT'S TIME TO CONSTRUCT AN ALTAR. FIRST, CHOOSE A SPECIAL AND MEANINGFUL LOCATION. THE ALTAR ITSELF CAN BE ANYTHING. A PODIUM, BOOKSHELF, THE TOP OF A DRESSER OR BETTER YET MAKE ONE. CHOOSE OR CREATE A SYMBOL/SIGIL TO REPRESENT YOUR GOD AND DECORATE THE ALTAR WITH IT. NEXT SELECT A SPECIFIC COLOR OF CANDLE AND AN OFFERING YOU THINK THEY WOULD LIKE. IT ALSO HELPS TO FILL THE ALTAR WITH OBJECTS AND TRINKETS YOU FEEL REPRESENTS YOUR GOD, A LITTLE INCENSE CAN ADD TO THE THEATER OF THE THING AS WELL. BE CREATIVE AND HAVE FUN. FINALLY CHOOSE A SPECIAL TIME AND DAY OF THE WEEK TO WORSHIP, PRAY TO AND GIVE SAID OFFERING.



REACH OUT!

AT YOUR CHOSEN TIME AND DAY LIGHT THE CANDLES, PLACE YOUR OFFERING AND KNEEL IN FRONT OF THE ALTAR. EVOKE SOUL RESONANCE AND ENTER GNOSIS. BEGIN YOUR PRAYER. REPEAT THIS PRAYER OVER AND OVER. FOCUS YOUR ATTENTION TO THE AREA OF THE BODY THAT CORRESPONDS TO THE CIRCUIT YOU'VE CHOSEN AND TRY TO FEEL THE PRESENCE OF YOUR GOD THERE. IMAGINE THIS PRESENCE RADIATING FROM THIS

SPOT THROUGHOUT YOUR BODY. LET IT CONSUME YOUR BEING. DON'T RESIST. DO THIS EXERCISE EVERY WEEK. THE LONGER YOU CAN KEEP IT GOING THE FASTER ITS EFFECTS WILL TAKE HOLD.



COMMUNION!

IN TIME YOU WILL NOTICE THE SKILL/ABILITY THAT YOUR GOD RULES OVER GROWING AND IMPROVING. YOU'LL BEGIN TO NOTICE STRANGE **SYNCHRONICITIES** THAT YOU CANNOT EXPLAIN OCCURRING FREQUENTLY. TRY TO INTERPRET THESE SYNCHRONICITIES AS **MESSAGES** FROM YOUR GOD. IF YOU KEEP AT IT EVENTUALLY YOUR GOD WILL CONTACT YOU. THESE VISITS MOST OFTEN OCCUR IN **DREAMS** THOUGH THEY MAY CONTACT YOU DURING WAKING HOURS AS AN AUDIBLE VOICE OR DURING GNOSIS WHERE IN WHICH YOU MAY SEE THEM AS WELL. DON'T PANIC! THIS IS NORMAL. THEY'LL MOST LIKELY GIVE YOU SOME KIND OF INSTRUCTIONS. IF YOU OBEY THEM YOU'LL BE **REWARDED** IN SOME WAY. DON'T BE A DUMMY. IF THEY ASK YOU TO STAB YOUR MOM, EAT A BUCKET OF PUPPIES OR SOME OTHER CRAZY BULLSHIT, DON'T. DUH. THEIR GIFTS AND BLESSING WON'T MEAN JACK DIDDLY FUCK ALL IN PRISON, THE GRAVE OR A DOWNWARD SPIRAL OF GUILT AND MADNESS. IF THEY START ACTING CRUEL OR MALEVOLENT **DUMP THEIR ASS** AND PICK UP A MORE SANE, CARING AND ACCOMMODATING GOD. LIFE IS TOO SHORT FOR ASSHOLES.

SIDEQUEST: A HOUSE DIVIDED!

THE HOUSE THAT GNOSIS BUILT IS DIVIDED AGAINST ITSELF. WHY IS THIS SO? WE ARE BROTHERS AND SISTERS, NOT DISTANT COUSINS. WE THIRST FOR THE **MYSTERY**, WE SEEK THE HIDDEN AND QUEST FOR TRUTHS TO QUENCH OUR PARCHED SOULS. THOUGH OUR PATHS DIVERGE OUR DESTINATION IS THE SAME. WE ALL SHARE A COMMON MATERFAMILIAS, **BABYLON**. THAT IS WHAT WE ARE, NOT THESE CHILDISH MICROLABLES. REACH OUT TO SOMEONE OF ANOTHER TRADITION. THE INTERNET MAKES THIS EASY. START A CONVERSATION. YOU'LL QUICKLY REALISE THAT YOUR DIFFERENCES ARE SO MICROSCOPIC THEY ARE BARELY VISIBLE OUTSIDE OF UNDERPINNING THEOLOGICAL CONUNDRUMS. IF THEIR TECH DIFFERS, GIVE IT A TRY. SEE HOW WELL IT WORKS. ADOPT IT IF IT'S SUPERIOR. IF THEIR WAY OF ACCOMPLISHING A SIMILAR GOAL DIFFERS ASK YOURSELF WHY THEY WOULD DO SO. WHY DOES A CHAOTE NEED TO TAKE A THING APART TO SEE HOW IT WORKS? WHY DOES A GNOSTIC NEED ELABORATE RITUALS? WHY DOES A MASON NEED FAITH IN A HIGHER POWER? WHY DOES A PAGAN LONG FOR A ROMANTIC BYGONE TRADITION? AND SO ON. YOU'LL QUICKLY DISCOVER THAT EVERY PERSON HAS **DIFFERENT NEEDS**, THAT WE ARE ALL CRIPPLED IN OUR OWN SPECIAL WAY. AS SUCH, TO COMPLETE OUR JOURNEY WE UTILIZE **DIFFERENT TOOLS** SUITED TO OUR OWN PERSONAL HANDICAP. IF YOUR BROTHER OR SISTER NEEDED A MEDICATION THAT YOU DID NOT, WOULD YOU HATE THEM? WOULD YOU THINK THEM A FOOL? WHY THEN DOES THIS WAR EXIST? IT'S MADNESS. IT'S GODDAMNED RIDICULOUS. REGARDLESS OF YOUR TRADITION, MYSTIC OR MAGICIAN, I LOVE YOU. I HOPE THAT YOUR PATH IS MADE CLEAR AND I HOPE TO MEET YOU AT THE END OF IT.

ONE LOVE, ONE WORLD, ONE LIGHT.



LEVEL THIRTEEN:

NON-LOCAL SPIRITS!



Being from an outside source rather than from within (i.e. your head) a non-local spirit cannot be programed. They will however play the role of whatever/whoever you are attempting to interact with, at least initially. Remember, you must believe with absolute conviction that not only does this being exist but so does the form they will be taking on. Don't bother otherwise as it simply won't work. Belief is your most powerful tool and in this case the deciding factor of your success. Moreover, while a local spirit can take months to manifest but is almost guaranteed, a non-local spirit often manifests within less than an hour but the odds of it showing up are much lower. Don't get frustrated and give up if it doesn't work the first few times. It will work, you'll just likely need to devote multiple sessions to it.

PICK UP THE PHONE!

STEP ONE

Choose whether you want a friendly or aggressive spirit and sigilize your choice. An aggressive entity is usually down for anything, no matter how unscrupulous but are much tougher to work with and will likely want something in exchange. These fuckers also have a tendency to show up long after you've banished them so watch your ass.

STEP TWO

Decide on a task you wish to perform, even if it's just answering questions and sigilize it. Be detailed. They're not evil genies or the fucking wish master but if they have to harm you to complete this task they will, which why the next step is so important. Also, don't be a retard. Be sure what you are asking for is actually possible.

STEP THREE

Select the time frame in which they have to complete the above given task and sigilize it. While linear time is not a factor in whether or not they complete the task, the more of it you give them the better the results are likely to be as it gives them more toys to play with.



STEP FOUR

Pick the spirit you wish to interact with and sigilize their name. If there is a pre-existing sigil or symbol for them it will likely work better so use that instead.

STEP FIVE

Construct the gneo geo. Make the first goetic star as you did in level seven and place the corresponding sigils in the second goetic star as shown in the diagram.

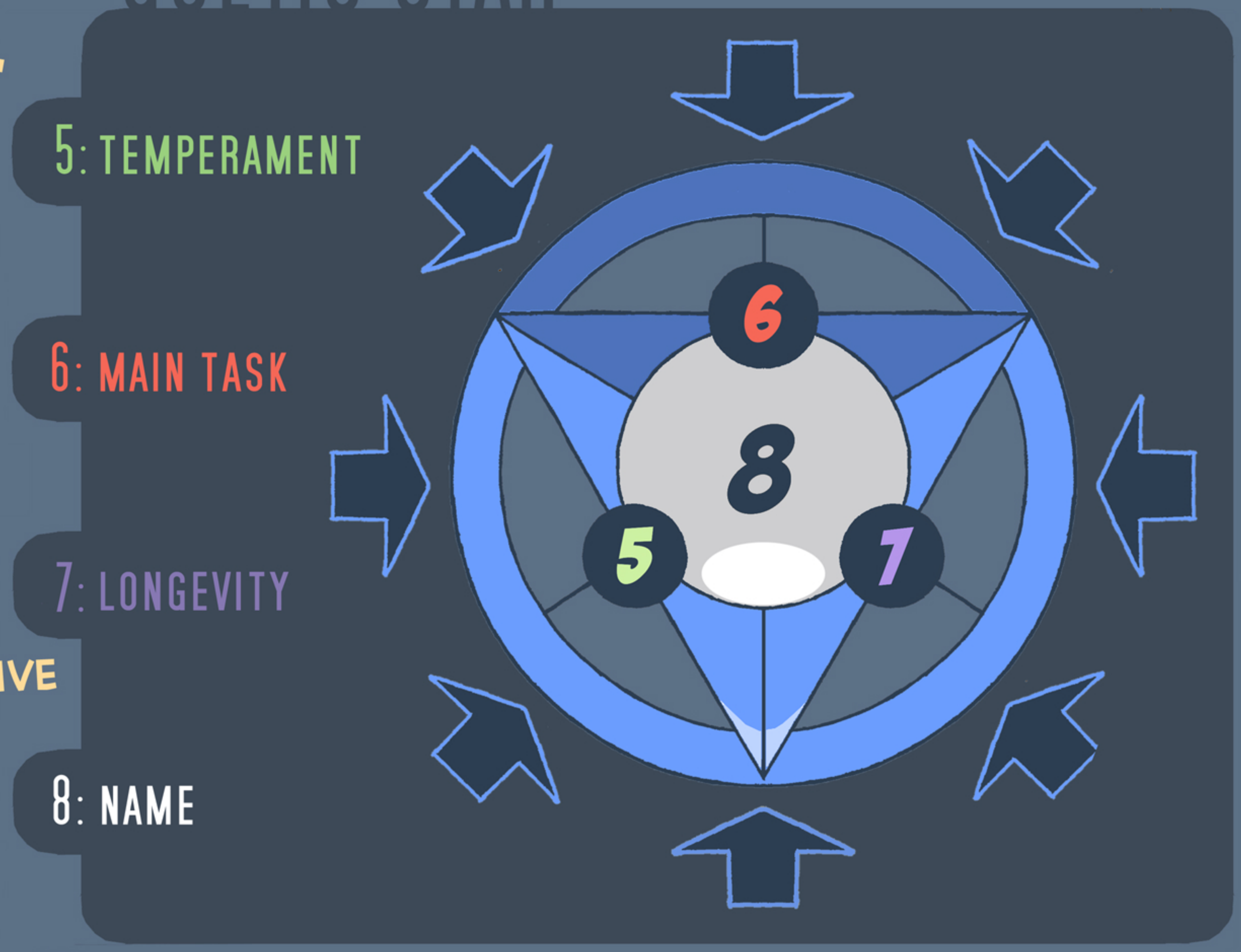
STEP SIX

Stand in the center of the first star, evoke soul resonance, sit down and enter gnosis.

STEP SEVEN

Visualize the spirits sigil and recite:
"(Spirits name)! I call on you to join me! I do so under my own free will! I am (your name) and I evoke you!"
Now, visualize their friendly/aggressive sigil and recite:
"(Spirits name)! I call upon you, a (friendly/aggressive) spirit! I am (your name) and I evoke you!"
Visualize the sigil for their task and recite:
"(Spirits name)! I ask that you (task here)! I offer equivalent exchange under the law! I am (your name) and I evoke you!"
Finally, visualize the sigil for the time frame and recite:
"(Spirits name)! We have but (time here)! Come! For we have little time! I am (your name) and I evoke you!"
Now start over and repeat these phrases, in order. Do so for as long as you can.

GOETIC STAR



WHEN THE GOING GETS WEIRD...

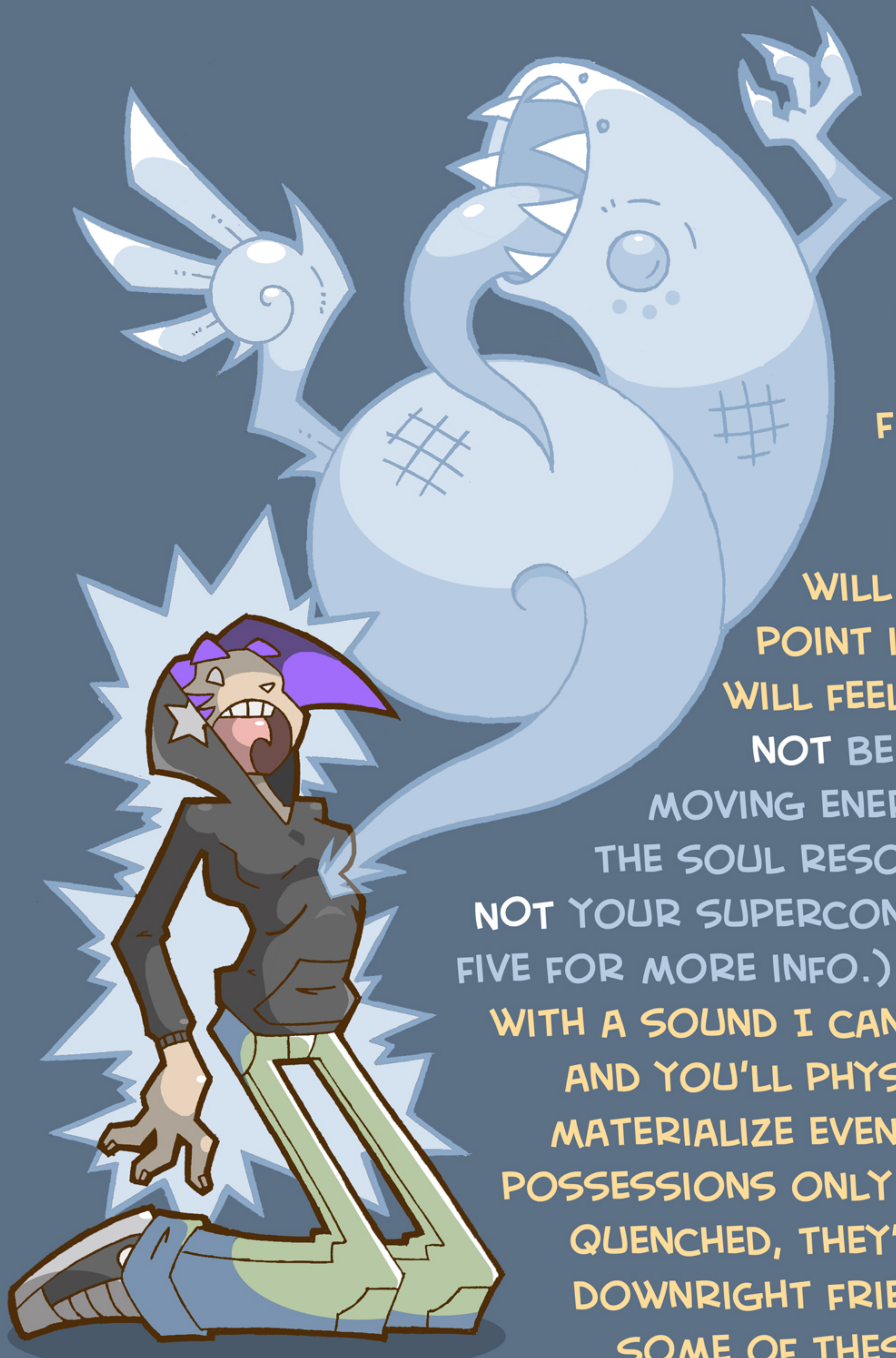
Once successful, the entities presence will be felt immediately. If you've opened your third eye you'll be able to see them manifest as well, almost like a glimmering white fluid or smoke filled with twinkling lights or miniature stars. There will be a feeling of dry static coldness in the surrounding environment and an electric "tickling" feeling (like a cold finger) lightly moving up your spine. This is often accompanied by a sort of hissing, popping or tearing sound. Communication with this entity will be subjective to the individual. Some hear an audible voice, some will receive a message through symbols/imagery but most will simply "just know" what this being is communicating. Results vary from person to person and spirit to spirit. If you've successfully communicated with a non-local entity don't assume the second go will be the same as the first as they seldom are. Don't get attached. Multiple sessions with the same spirit is ill advised as they quickly tire of playing the persona. If they switch characters banish them the fuck out of there on the A.S.A.P.

ONE SMALL STEP!

So, this stuff sounds spooky as all hell. And yes the dangers are very real. But, am I saying to avoid this experience altogether? Absolutely not. This is a chance to interact with the only other intelligent life that we know of, strange as they are. You'd be a fool to pass on the chance. Just play it safe. Stay in the circle, always banish and again, never "let them in."



POSSESSION: CAME BACK HAUNTED!



Possession is not subtle and thus most often occurs during sleep **after** a botched evocation to avoid detection. Even so, you'll likely wake from the event. You'll physically feel them enter you. The muscles around their entry point will feel like they are being twisted or knotted. You will feel a wormlike energy squirm from this entry point into your spine at which point your entire body will feel like it's being **electrocuted**. (Note: this should **not** be confused for the hot/cold upward/downward moving energies that occur during the symbiosis stage of the soul resonance/middle pillar/kundalini awakening. This is **not** your superconscious/guardian angel/higher self. See chapter five for more info.) You'll be mostly paralyzed. Your head will fill with a sound I can best describe as a bassy digital tearing static and you'll physically see a face or figure made of white static materialize even if you have your eyes closed. Thankfully, most possessions only last a **few hours** after which their curiosity is quenched, they'll grow bored and simply leave. Hell, most are downright friendly. Unfortunately, this isn't always the case. Some of these entities are balls out **psychopathic**. An ounce of prevention is worth a metric fuck ton of cure, stay on your toes psychonauts.

LEVEL FOURTEEN: EGREGORES GALORE!

Egregores are local spirits shared non-locally by way of the **collective unconscious**. In doing so it becomes possible for multiple people to contribute to a much larger or more powerful spirit than would be possible for a single person.

SIGILS

Sigils are primitive programmable thoughtforms and are easy to make into egregores. Religious and corporate symbols, logos and mascots are obvious examples of sigils in action. Simply create your sigil, **spread it** around and have as many people **activate it** as possible. Easy.

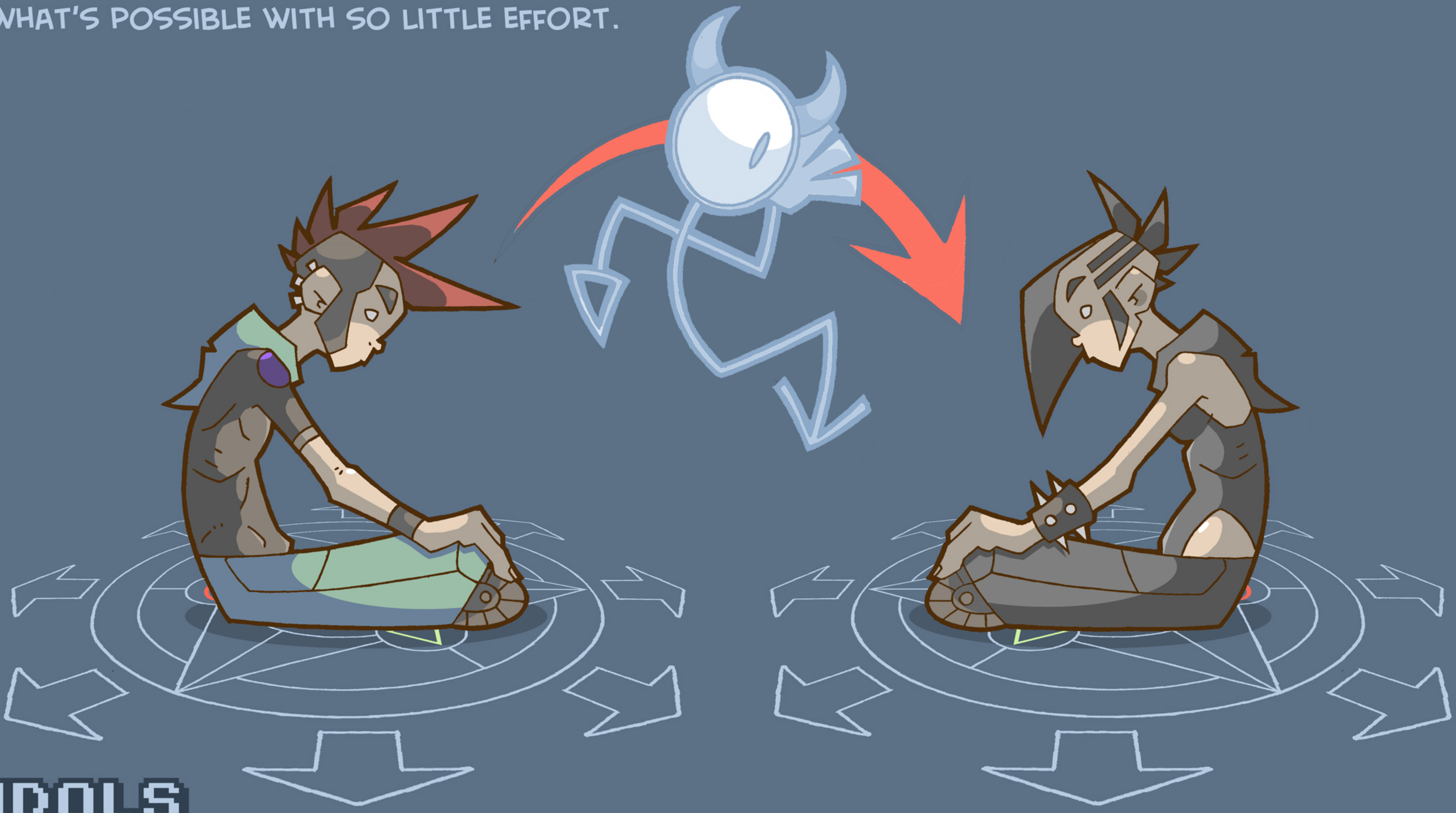
MEGREGORES

Megregores are the most successful species of sentient egregores. So much so that the have on multiple occasions completely dominated the planet, enslaved their creators and used them to eliminate anyone not willing to worship them (i.e. feed them by way of attention). Scary shit. Create a spirit that is programed to benefit you in some way. **"Spread the faith"**. The more people that feed them attention the more powerful they become and thus the greater your programmed benefit. Careful programing is required here, elsewise they'll quickly grow out of your control. If you're not careful you'll be the first against the wall.



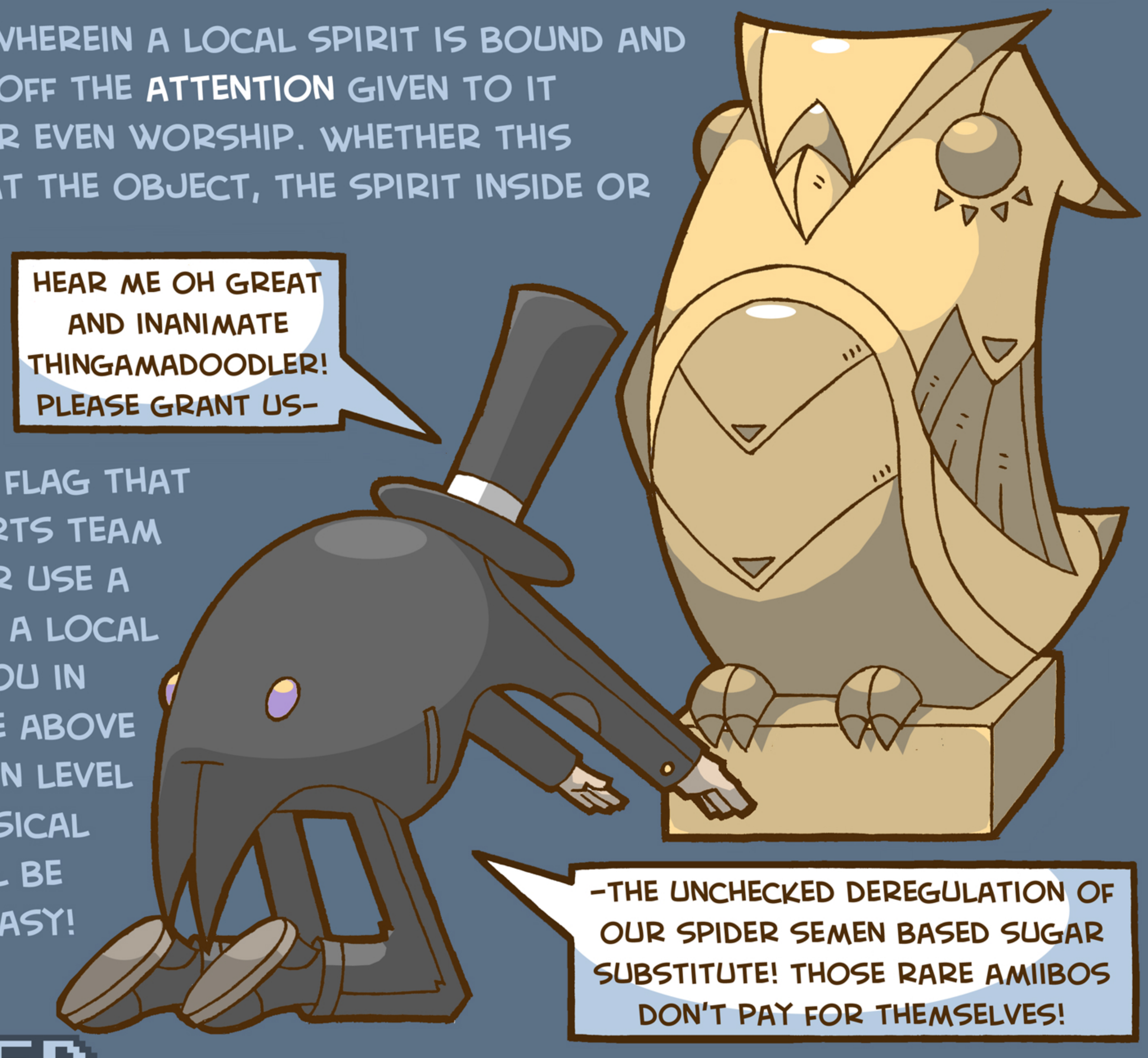
PEER TO PEER

PEER TO PEER EGREGORES ARE FAIRLY USELESS IN THIS DAY AND AGE BUT THEY CAN BE GREAT FUN AND ARE BY FAR THE EASIEST WAY TO DIRECTLY TAP INTO THE COLLECTIVE UNCONSCIOUS. YOU'LL NEED AT LEAST ONE (COMPETENT) PARTNER TO CO-CREATE A LOCAL SPIRIT WHOS PRIMARY TASK IS TO **RELAY DATA** FROM ONE PERSON TO ANOTHER. KEEP IT SIMPLE FOR THE FIRST FEW TRANSMISSIONS, LIKE A SINGLE DIGIT NUMBER. ONCE SUCCESSFUL, MOVE TO TWO, THEN THREE AND SO ON UNTIL YOU'VE WORKED UP TO SENTENCES OR EVEN SIMPLE DRAWINGS. AGAIN, NOT VERY PRACTICAL UNLESS YOU'RE HAVING A **CRISIS OF FAITH** OR SOME SHIT BUT STILL, IT'S FUN TO SEE WHAT'S POSSIBLE WITH SO LITTLE EFFORT.



IDOLS

IDOLS ARE A **PHYSICAL OBJECT** WHEREIN A LOCAL SPIRIT IS BOUND AND RESIDES. THE SPIRIT INSIDE FEEDS OFF THE **ATTENTION** GIVEN TO IT THROUGH PRAYERS, REVERENCE OR EVEN WORSHIP. WHETHER THIS ATTENTION IT IS AIMED DIRECTLY AT THE OBJECT, THE SPIRIT INSIDE OR AT WHATEVER THE OBJECT IS SUPPOSED TO REPRESENT MAKES NO DIFFERENCE. WHAT'S MORE, IT DOESN'T NECESSARILY NEED TO BE THEOLOGICAL IN NATURE. ONE COULD IMPLANT THEIR SPIRIT IN A FLAG THAT SYMBOLIZES A COUNTRY OR SPORTS TEAM IN A **CHOICE LOCATION**. CREATE OR USE A PRE-EXISTING OBJECT. PROGRAM A LOCAL SPIRIT SO THAT IT WILL BENEFIT YOU IN SOME WAY AND BIND THEM TO THE ABOVE SAID OBJECT AS WAS DESCRIBED IN LEVEL ELEVEN. PUT THE OBJECT IN A PHYSICAL LOCATION WHERE IN WHICH IT WILL BE WORSHIPED OR REVERED. EASY PEASY!



STAGE CLEARED

SO ENDS CHAPTER 3. PLEASE KEEP IN MIND THAT THE BEFORE CONTAINED HYPOTHESES ARE JUST THAT. DON'T TAKE MY WORD FOR IT. EXPERIENCE IT FOR YOURSELF AND DRAW YOUR OWN CONCLUSIONS. DON'T ARM CHAIR. DON'T ROLE PLAY. **DO THE WORK**. HAVE FUN. TUNE IN NEXT TIME FOR THE ADVENTURES IN ASTRAL PROJECTION. ENTER A HYPER REALISTIC SYNESTHETIC VISUAL REPRESENTATION OF THE CONNECTED COLLECTIVE UNCONSCIOUS!

THE PSYCHONAUT FIELD MANUAL



ARCH-TRAITOR BLUEFLUKE



CHAPTER FOUR

"WE PLACE NO RELIANCE ON VIRGIN OR PIDGEON. OUR METHOD IS SCIENCE, OUR AIM IS RELIGION."

-ALEISTER CROWLEY

LEVEL FIFTEEN:
ASTRALNAUT!

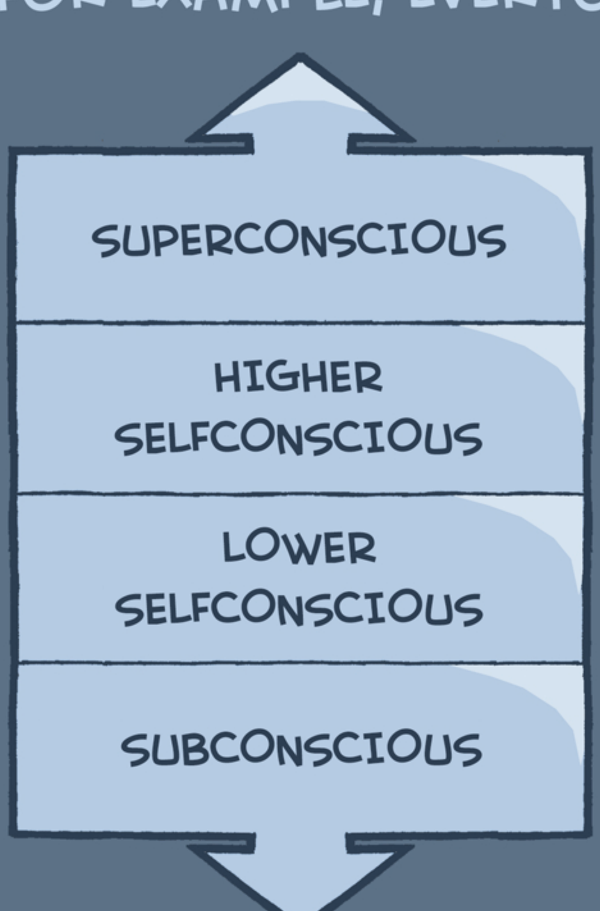
Most of us find this path by way of hushed whispers in dark corners. We are driven by mystery and hunger for the fantastical. It matters not to which tradition you've sworn allegiance, nor the map provided by the tradition thereof. All roads lead to the heart of the labyrinth, the **astral plane**. A manifestation of our collective imagination. A world in which our very thoughts and dreams come to life. This may sound like some woo ass Narnia bullshit but I assure you, it's all true. When we **imagine** something, real or fantasy, past or present, it creates a software (i.e. astral) version in our mind. Each of us has crafted an entire world that mirrors what we **believe** exists outside of ourselves. People, locations, gods and demons...





But here's the cool part: because we are all networked via the collective unconscious, **these worlds are connected, forming the astral plane,** wherein the data converges and becomes a sort of "democratic" **consensus**, with the loudest voices bleeding through the strongest. And while we lack the hardware to perceive it natively, we can train other sensory equipment to pick up the task **synaesthetically**.

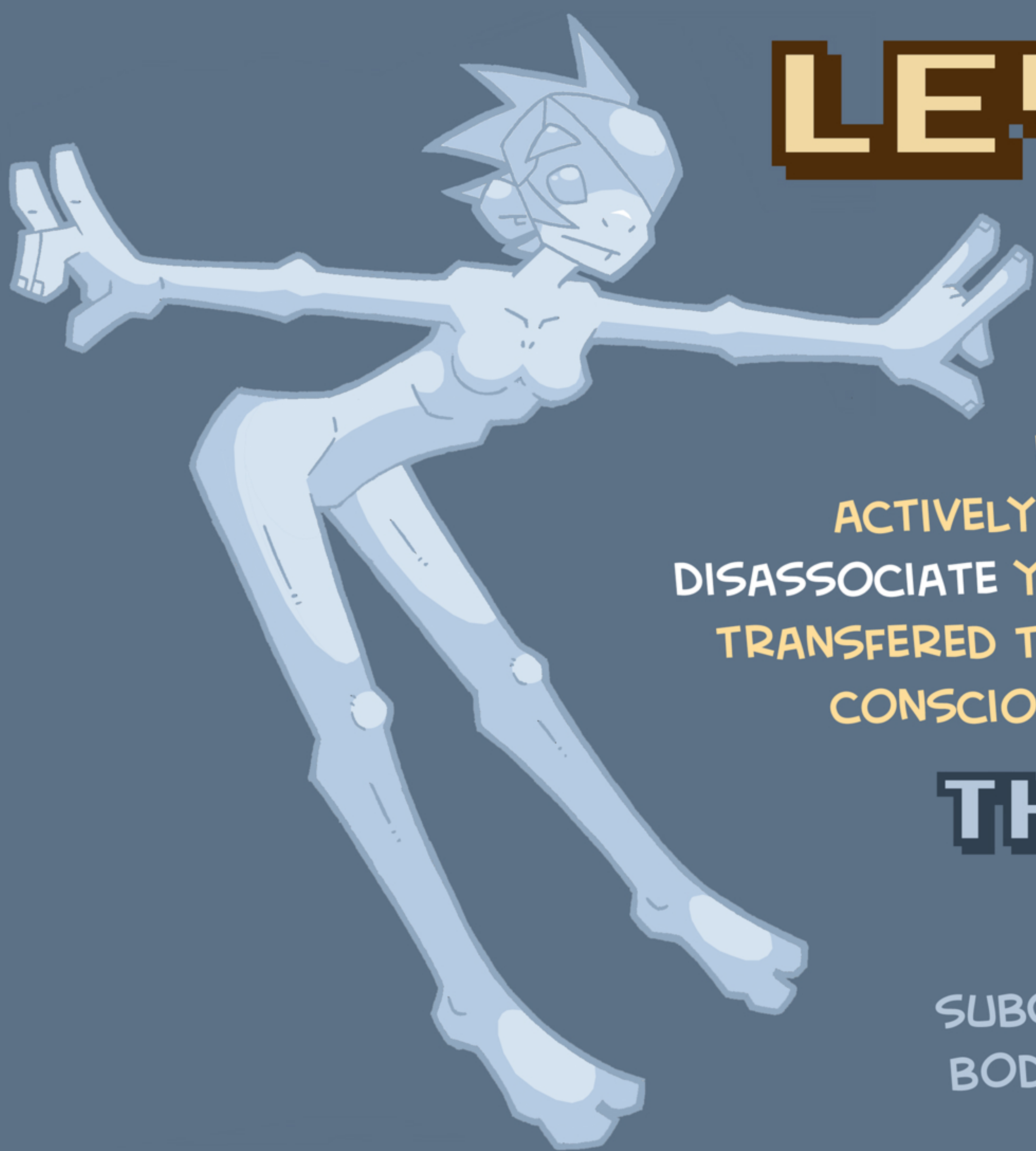
However, this method results in **wildly subjective interpretations**. In a group setting, for example, everyone will focus on a slightly different attribute of the same object.



EYE OF THE BEHOLDER!

Perception of the astral plane varies significantly from person to person depending on the set of circuits, sephirots, or chakras are predominant in the individual. Think of the astral plane as a building with **four floors**, each of which is ruled by **two circuits**. You can go up or down these floors by concentrating on different circuits. The more circuits you are able to **simultaneously** concentrate on the more floors you can perceive at once.

Each of these floors represent an **evolutionary stage** in the brain's development and the functions they are in charge of. As such, when you imagine something, though it exists universally throughout the entire building, each floor will interpret it in a radically **different** way.



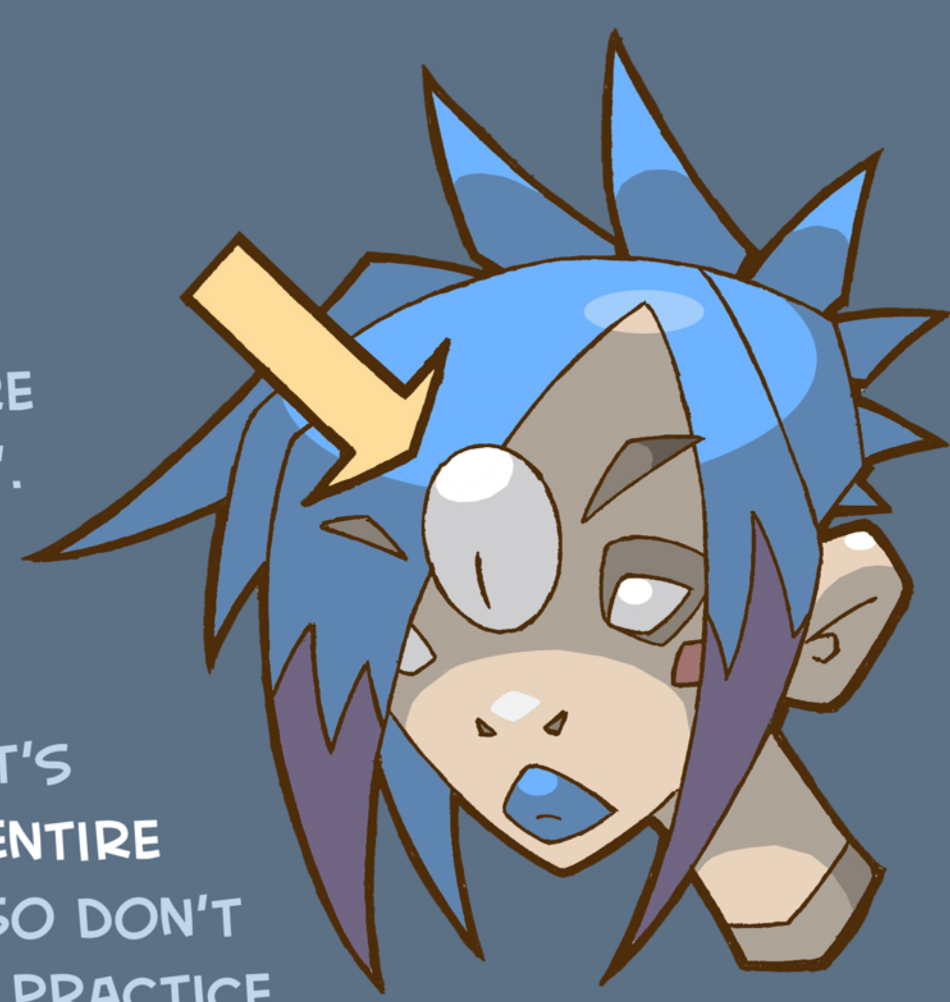
LEVEL SIXTEEN:

ASTRAL PROJECTION!

Because we are constantly imagining our physical bodies all through out the day, we are actively creating and maintaining an **astral body**. If you **disassociate** your consciousness from the physical body it is transfered to it's astral counterpart and in doing so your consciousness enters the astral plane where it resides.

THE CLASSICAL METHOD!

This golden oldie works by making your subconscious mind **focus** so much on your astral body that it **"forgets"** it's physical counterpart.



STEP ONE:

Sit or lay down, close your eyes and enter gnosis. Concentrate on your third eye until you feel the pressure or tingling sensation. We'll call this feeling **"awareness"**.

STEP TWO:

Imagine the awareness enlarging and **expanding**, even if it's just a few inches. The goal is to eventually cover your **entire** body. The progress you make will be mostly permanent so don't cut yourself when you don't succeed in the first week of practice. You'll get there.

STEP THREE:

Once you've succeeded in covering your whole body try slowly pushing the awareness forward and **outside** of yourself, even if it's just a few inches each session until you are able to push it a few feet in front of you. This will be the most difficult part because it demands that you dissociate the awareness with your physical body. Take your time and remember, this awareness is **not** feedback from the physical body but rather from the astral body.



STEP FOUR:

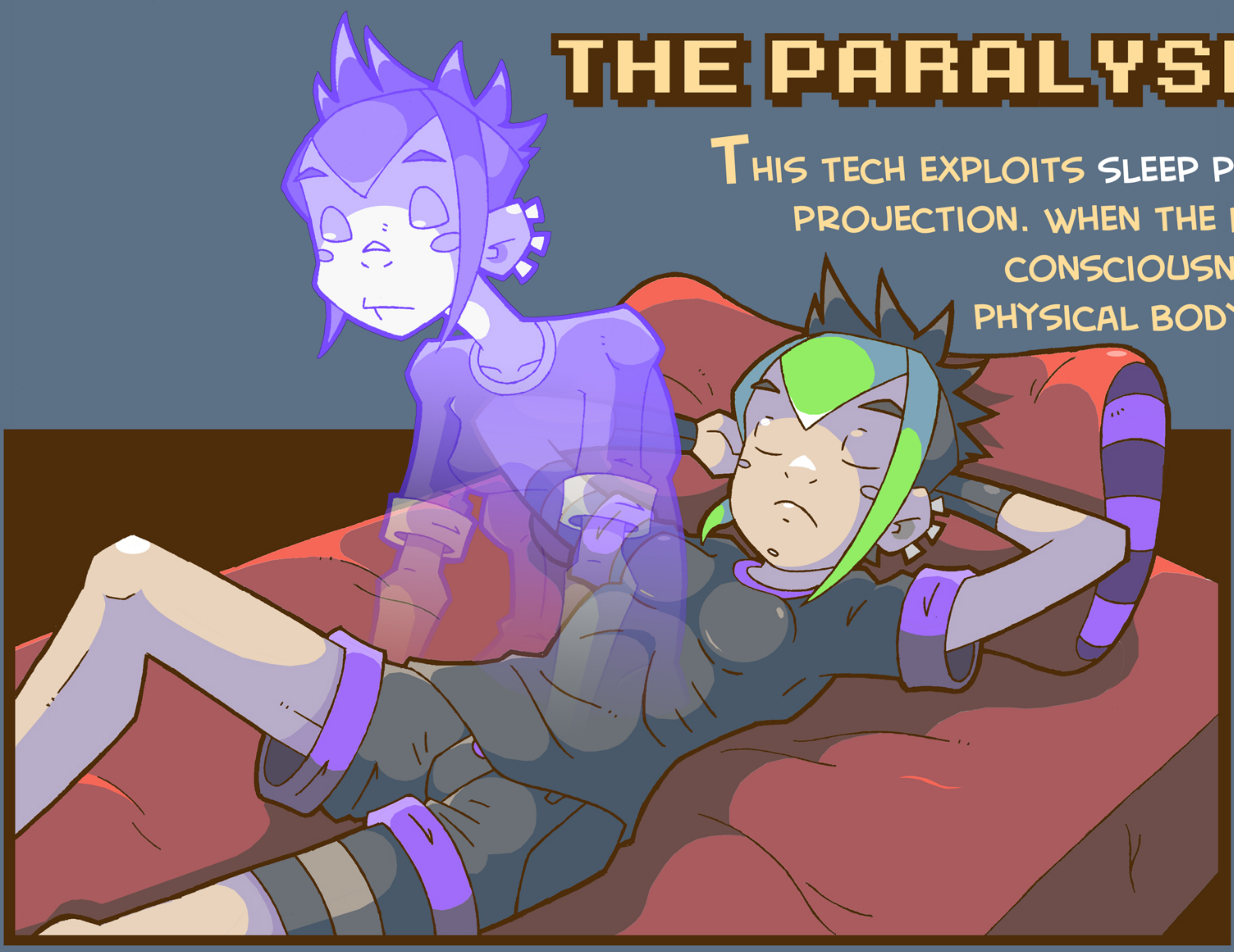
Now it's time to **switch places** with this awareness. Once you've pushed your awareness a few feet in front of you try to numb or block out any physical feeling of your real body as though it doesn't exist. Imagine that you are actually located within awareness instead. Keep this going for as-

-YOU CAN. MOST HEAR A RINGING THAT GETS PROGRESSIVELY LOUDER. FOR SOME IT'S A TEARING, POPPING OR BANGING NOISE. THIS IS A SIGN THAT YOU ARE ABOUT TO SWITCH.

STEP FIVE:

ONCE THEY SWITCH PLACES MOST ARE EJECTED INTO THE ASTRAL PLANE. IF THIS DOESN'T HAPPEN TURN YOUR AWARENESS AROUND TO FACE YOUR REAL BODY AND VISUALIZE IT IN AS MUCH DETAIL AS POSSIBLE. ONCE YOUR MIND "SEES" THE BODY IT SHOULD POP YOU INTO THE ASTRAL.

THE PARALYSIS METHOD!



THIS TECH EXPLOITS SLEEP PARALYSIS TO ACHIEVE ASTRAL PROJECTION. WHEN THE BODY IS IN SLEEP MODE YOUR CONSCIOUSNESS DISASSOCIATES WITH THE PHYSICAL BODY AND IS INSTEAD ASSOCIATED WITH THE ASTRAL BODY. ALL YOU HAVE TO DO IS KEEP THE MIND AWAKE WHILE THE BODY SLEEPS. EASY. HOWEVER, SLEEP PARALYSIS IS EXTREMELY TRAUMATIC FOR SOME, ESPECIALLY IF FEAR EATERS ARE INVOLVED. YOU ALSO RUN THE RISK OF FALLING ASLEEP AND HAVING A LUCID DREAM THAT YOU ARE PROJECTING RATHER THAN EXPERIENCING THE REAL DEAL. IF YOU HAVE DIFFICULTY REMEMBERING YOUR EXPERIENCE, YOU DIDN'T HAVE ONE.

NOTE: WHILE NOT NECESSARY, LAYING ON A TILTED SURFACE (5 TO 15 DEGREES) GREATLY INCREASES YOUR ODDS OF SUCCESS WITH THE FOLLOWING EXERCISE.

STEP ONE

LAY DOWN ON YOUR BACK WITH YOUR HANDS TO YOUR SIDES AND CLOSE YOUR EYES. REMAIN PERFECTLY STILL, LET YOUR BODY AUTOMATICALLY BREATH. YOUR BODY WILL DO "CHECKS" TO TEST IF YOU'RE AWAKE. RANDOM ITCHES, A TICKLING IN YOUR THROAT, THE URGE TO SIGH OR ROLLOVER ETC. DON'T FALL FOR IT. STAY STILL AND CHILL.

STEP TWO

LET ANY AND ALL THOUGHTS, SOUNDS OR IMAGES TO ENTER YOUR MIND BUT DO NOT INTERACT OR PARTICIPATE WITH THEM. JUST PASSIVELY OBSERVE AND ACCEPT THEM, LIKE WATCHING A MOVIE. THINK OF YOUR BODY AS A SEPARATE PERSON FROM YOU. LISTEN TO IT BREATHING AUTOMATICALLY WITHOUT YOU, LIKE SOMEONE LAYING NEXT TO YOU.

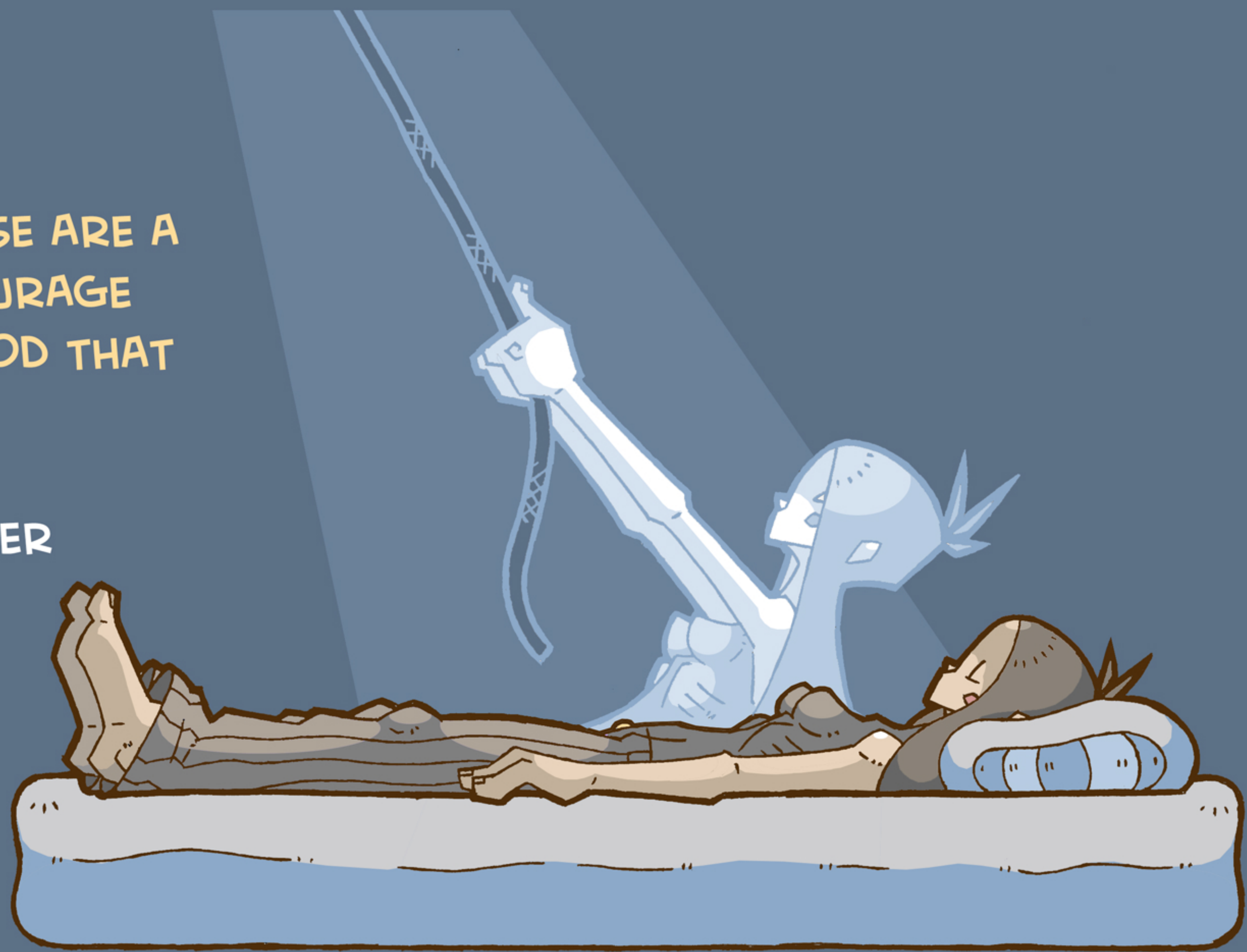
STEP THREE

ONCE YOUR BODY STARTS KICKING INTO SLEEP MODE YOUR BREATH WILL BECOME SHALLOW AND LESS FREQUENT. YOU'LL HEAR A FAINT RINGING IN YOUR EARS THAT PROGRESSIVELY BECOMES LOUDER AND/OR FEEL A VIBRATION THROUGHOUT YOUR BODY. YOU CAN EITHER LET IT OVERTAKE YOU OR ATTEMPT TO QUIET/SLOW DOWN IT'S EFFECTS. EITHER WAY, DON'T GET EXCITED OR MOVE.

STEP FOUR

ONCE THE SLEEP PARALYSIS KICKS IN THE RINGING AND VIBRATIONS WILL END. YOU'LL HEAR A LOUD BANGING/POPPING NOISE AND FEEL A POWERFUL TEARING/CRACKING SENSATION IN THE BACK OF YOUR HEAD. SOME WILL FEEL A TINGLY ELECTRIC BUZZ, THIS IS NORMAL. AT THIS POINT YOUR ATTACHMENT TO SAID BODY IS ENTIRELY PSYCHOSOMATIC. LET'S GET THIS PARTY STARTED!

GTFO!



Now it's time exit the body. These are a few methods to do so but I encourage you to experiment with any method that works for you.

1: Sit up straight .
2: Imagine there is a rope or ladder above you and pull yourself out.
3: Imagine a force pushing or pulling you upwards.
4: If you've made friends with a fear eater they can pull you out.
5: Roll out sideways.



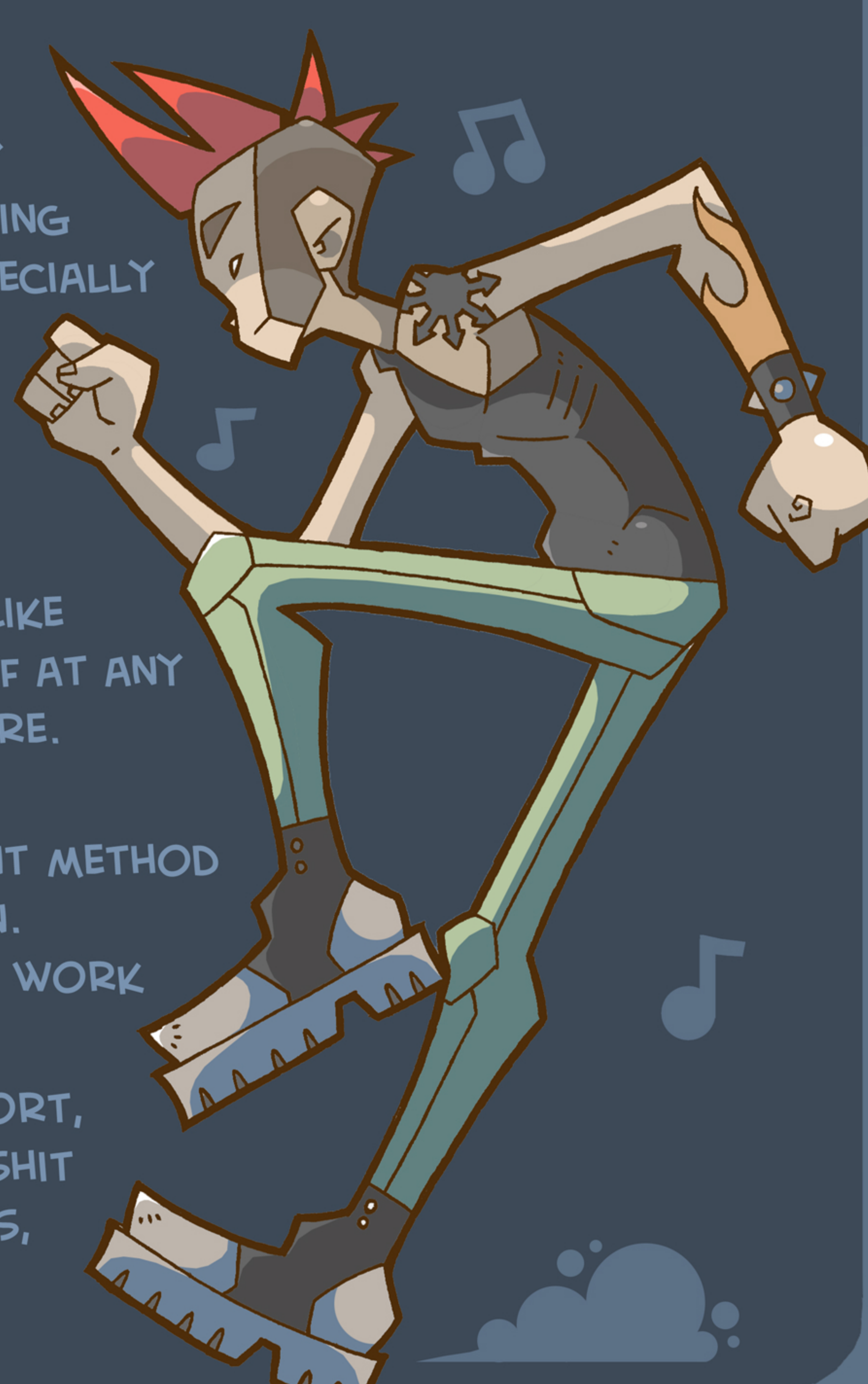
CONTROL ALT DELETE!

While sleep paralysis can act as the gateway to an astral wonderland, for some the sensation of being paralyzed can be horrific and deeply traumatic. This is made worse if they are attacked by fear eaters or other rogue entities. If at any time you wish to end said paralysis, try wiggling your middle and/or index fingers. This should signal the brain that you are awake and pull you out of sleep paralysis.

SIDEQUEST:

ALTERNATE PATHS TO GNOSIS

Meditation is the most reliable and stable way to achieve gnosis. But for some, try as they might, it simply does not work. Don't give up! Meditation is not the only way to get you there. Some alternate methods to consider:



1: Number crunching. This methods works by keeping the mind busy chewing on synchronistic mathematical rabbit holes and interconnected wordplay.

2: Rock the fuck out. The oldest method, used by tribal societies even to this day. Dancing, drumming and singing mindlessly can be super effective, especially for people who can't sit still.

3: Mantras. Relentlessly repeating a gibberish word, humming or listening to binaural tones deafens and drowns out incoming thought.

4: Good ol' sex magic. Nothing numbs thought like sex. Feels good too. Just be wary of creepers. If at any point you feel like you are being exploited, you are. End that shit.

5: Ceremonial/ritual work. This was the dominant method in the west for a millennia and with good reason. Repetitive but emotionally overwhelming rituals work with a reliability rivaled only by meditation.

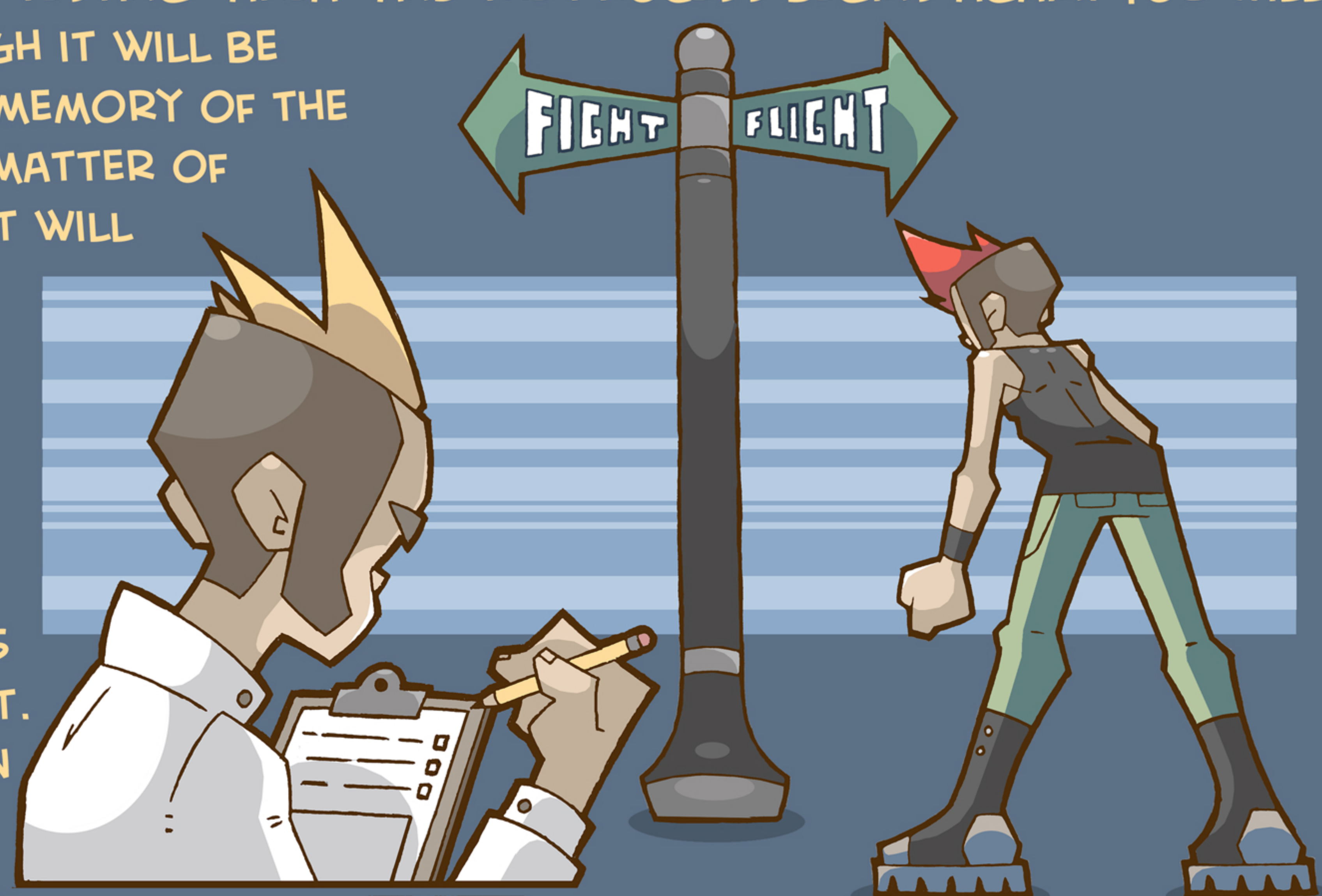
6: Flagellation. Pain numbs thought without effort, though it takes a stoic motherfucker to give a shit about gnosis in such a broken state. Nonetheless, it does work for some.

LEVEL SEVENTEEN:

ADVANCED LUCID DREAMING!



DREAMS ARE A SERIES OF **COGNITIVE TESTS** THAT SERVE TO DEFRAG THE MIND'S FILING SYSTEM AND TO TEST/CORRECT PROPER RESPONSES TO STIMULI. THEY PRESENT A SCENARIO, GAUGE YOUR RESPONSE AND MAKE ADJUSTMENTS ACCORDINGLY. THE TEST BEGINS BY MAKING SLIGHT CHANGES YOUR IDENTITY BASED ON THE NEEDS OF THE TEST AT HAND, MADE OF BOTH REAL AND FICTIONAL MEMORIES. ONCE THE TEST IS OVER YOU ARE "TRANSPORTED" TO THE NEXT TESTING "AREA" AND THE PROCESS BEGINS AGAIN. YOU WILL RETAIN THE INVENTED IDENTITY, THOUGH IT WILL BE TWEAKED TO FIT THIS NEW TEST. ALL MEMORY OF THE PREVIOUS TEST **USUALLY** FADES IN A MATTER OF MINUTES AND UNLESS YOU WAKE UP IT WILL WIPED COMPLETELY. HOWEVER, BY KEEPING A DREAM JOURNAL YOU TRAIN THE MIND TO RETAIN SOME OF THESE MEMORIES. WHILE DREAMING, YOUR BRAIN IS **UNDERCLOCKED** TO DERP DERP TOWN. YOU WILL HAVE PROBLEMS FOCUSING. MAJOR SKILLS SUCH AS MATH AND READING ARE OUT. COMMANDS TO MOTOR SKILLS OFTEN RESULT IN THE STEREOTYPICAL "SLOWBRO" EFFECT. AND OF COURSE, RECALLING BOTH LONG OR SHORT TERM MEMORIES WILL BE DIFFICULT. WHILE LUCIDITY DOES SEEM TO BOOST FOCUS, LITTLE ELSE CHANGES.



LUCID DREAMING VS ASTRAL PROJECTION!

SO, IS ASTRAL PROJECTION A FORM OF LUCID DREAMING? **NOPE.** THIS MISCONCEPTION COMES FROM BEGINNERS WHO FALL ASLEEP ATTEMPTING PROJECTION AND HAVE A LUCID DREAM THAT THEY ARE DOING SO. WHILE IN ASTRAL TRAVEL THE BRAIN FUNCTIONS MOSTLY AT **NORMAL CAPACITY**. THERE ARE GLITCHES TO BE SURE BUT THERE IS NO UNDERCLOCKING OF THE MIND AS FOUND IN LUCID DREAMING. THIS IS NOT TO DOWNPLAY THE POWER OF LUCID DREAMING. BECAUSE DREAMS HAVE ACCESS TO ANY "TESTABLE" AREA OF THE MIND AND CAN MAKE ADJUSTMENTS TO THEM, WHEN YOU ARE LUCID AND IN CONTROL, **SO DO YOU.**



THE AUTOMATIC METHOD!

KEEPING A **DREAM JOURNAL** IS THE EASIEST WAY TO EXPERIENCE LUCID DREAMING. THE MOST EFFECTIVE METHOD IS TO USE A **RECORDING APP** ON YOUR SMART PHONE IMMEDIATELY AFTER WAKING FROM A DREAM SO THAT AS FEW DETAILS ARE LOST AS POSSIBLE AND TRANSCRIBING IT TO YOUR JOURNAL LATER. TRY INTUITIVELY INTERPRETING THE MEANING OF YOUR DREAMS AND REMEMBER THAT THE SYMBOLISM CONTAIN THEREIN ARE **SUBJECTIVE** TO YOU ALONE. KEEP IT UP AND YOU WILL EVENTUALLY START EXPERIENCING LUCID DREAMS AUTOMATICALLY.

THE MANUAL METHOD!



STAY AWAKE AS LONG AS YOU CAN. ONCE YOU ARE NODDING OFF SET AN ALARM FOR **FIVE HOURS** AND GO TO SLEEP. ONCE THE ALARM GOES OFF LAY ON YOUR BACK WITH YOUR ARMS TO YOUR SIDES. **TAP** YOUR FINGERS LIGHTLY AS IF YOU WERE PLAYING A PIANO. DON'T CONCENTRATE ON THEM, JUST DO IT MINDLESSLY AS YOU DRIFT TO SLEEP. HAVE FUN!

LEVEL EIGHTEEN:

FEAR ITSELF!



THEY HAVE MANY NAMES. FEAR EATERS, SHADOW PEOPLE, BLACK MIST, THE OLD HAG. THESE NON-LOCAL ASTRAL ENTITIES FEED OFF EMOTIONAL "ENERGY". WHILE THEY CAN EAT ANY EMOTION, FEAR IS THE MOST COMMON AS IT IS THE EASIEST TO INDUCE. BECAUSE THEY ARE ASTRAL BEINGS THEIR "VISIBLE" FORM IS SHAPED BY THE OBSERVER, THOUGH THEY OFTEN PROJECT A PSYCHIC "PRESENCE" IN ORDER TO MANIPULATE HOW THEY ARE PERCEIVED. THEY MAY POSE AS A DEAD LOVED ONE, A COMFORTING ANGEL, A SPACE ALIEN AND OF COURSE THE STEREOTYPICAL MALEVOLENT ENTITY. FEAR EATERS ARE LIMITED ONLY BY THE IMAGINATION OF THEIR **PREY**.

LITTLE MONSTERS!



INTERACTING WITH A FEAR EATER IS EASY. INDUCING **SLEEP PARALYSIS** ALL BUT GUARANTEES A "VISIT". BUT BEFRIENDING THEM? NOT SO MUCH. YOU'LL NEED TO LURE ONE IN, SWITCH FROM INTENSE FEAR TO AN EQUALLY STRONG **POSITIVE** EMOTION AND OFFER TO FEED THEM THIS WAY WHENEVER THEY LIKE. YOU WILL FAIL DOZENS OF TIMES BEFORE YOU SUCCEED. MOST WILL ATTEMPT TO TO FLEE, SHAPE SHIFTING INTO SOMETHING UNIQUELY REPULSIVE TO YOU. WHILE YOU DO HAVE THE ABILITY TO HOLD/TRAP THEM, IF THIS CAUSES THEM PAIN, LET THEM GO. DON'T BE CRUEL.

APPLES AND ORANGES!

KEEP IN MIND THAT WHILE THEY CAN **SIMULATE** TOUCH, FEAR EATERS CAN'T ACTUALLY HURT YOU, AT LEAST INITIALLY. MOREOVER, THEY **DON'T** CAUSE THE SLEEP PARALYSIS ITSELF. THEY SIMPLY TAKE ADVANTAGE OF YOUR STATE FOR AN EASY MEAL. IF YOU FEEL **CHEST PRESSURE** IT'S BECAUSE YOU'RE BREATHING TOO HARD WHILE THE LUNGS ARE STILL IN "SLEEP MODE". MOST OF ALL, REMEMBER THAT WE ARE A COMPLETELY **SEPARATE SPECIES** AND OUR PSYCHOLOGICAL FRAMEWORKS ARE RADICALLY DIFFERENT. WHILE THEY ARE SENTIENT, INTELLIGENT BEINGS CAPABLE OF CAMARADERIE, EMPATHY AND EVEN LOVE, SOME OF THEIR BEHAVIORS CAN COME OFF AS DEEPLY DISTURBING.



TAKE MY BREATH AWAY!

Now it's time to make friends! You'll need to **balance** your emotions. If you are too afraid of them you'll tweak the fuck out and fail. On the other hand if you aren't frightened at all you won't attract them in the first place. Balance, son. Balance.

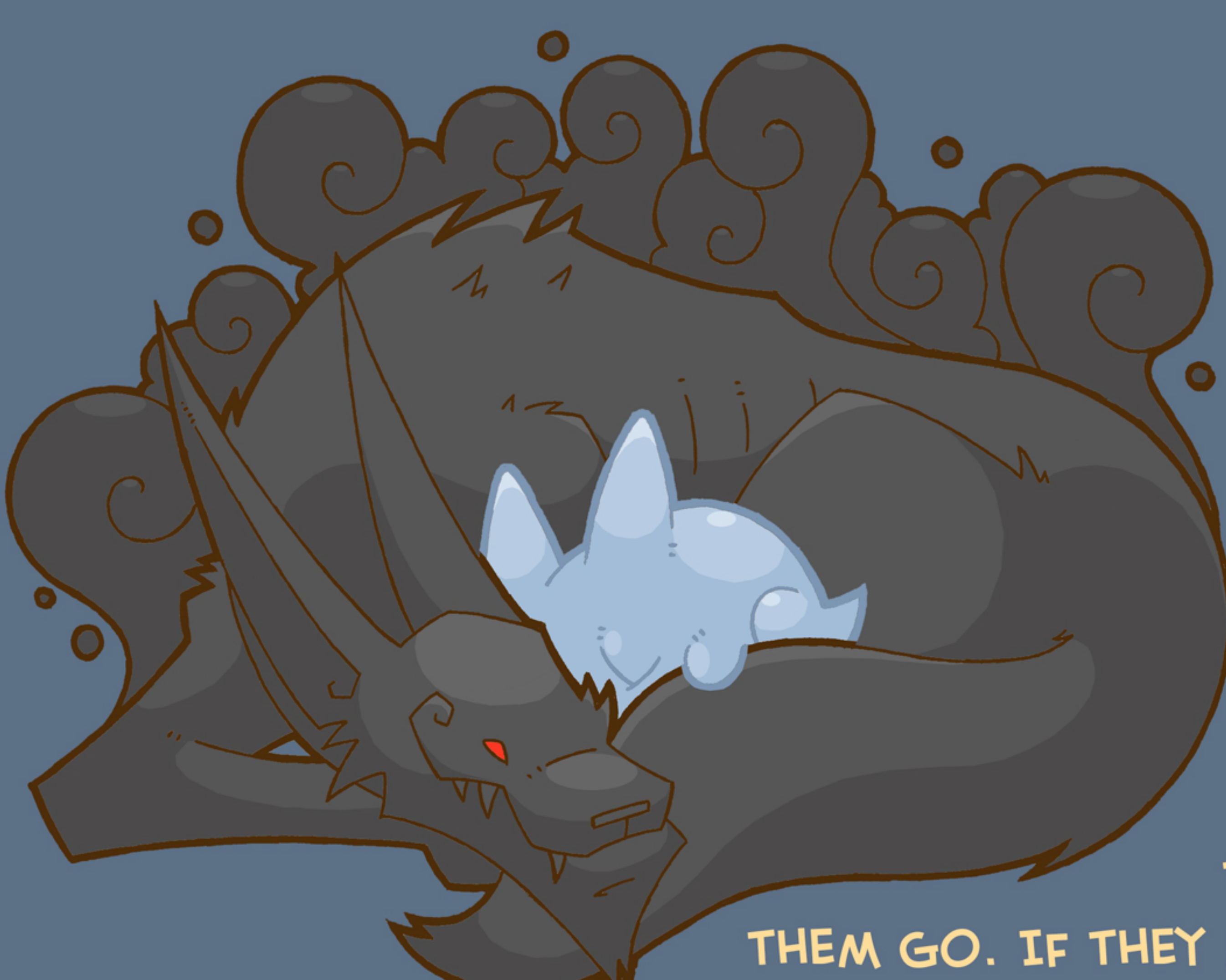


STEP ONE

Induce a state of **sleep paralysis** as was explained in level sixteen but do not project. Let fear overtake you. Think of how helpless you are in this paralyzed state and imagine your worst anthropomorphized fear lurking just out of sight, observing you from the darkness.

STEP TWO

You'll begin to feel a malevolent **presence** in the room with you. Focus on it until you feel it closing in and/or it visibly manifests. Let them get all up in your grill.

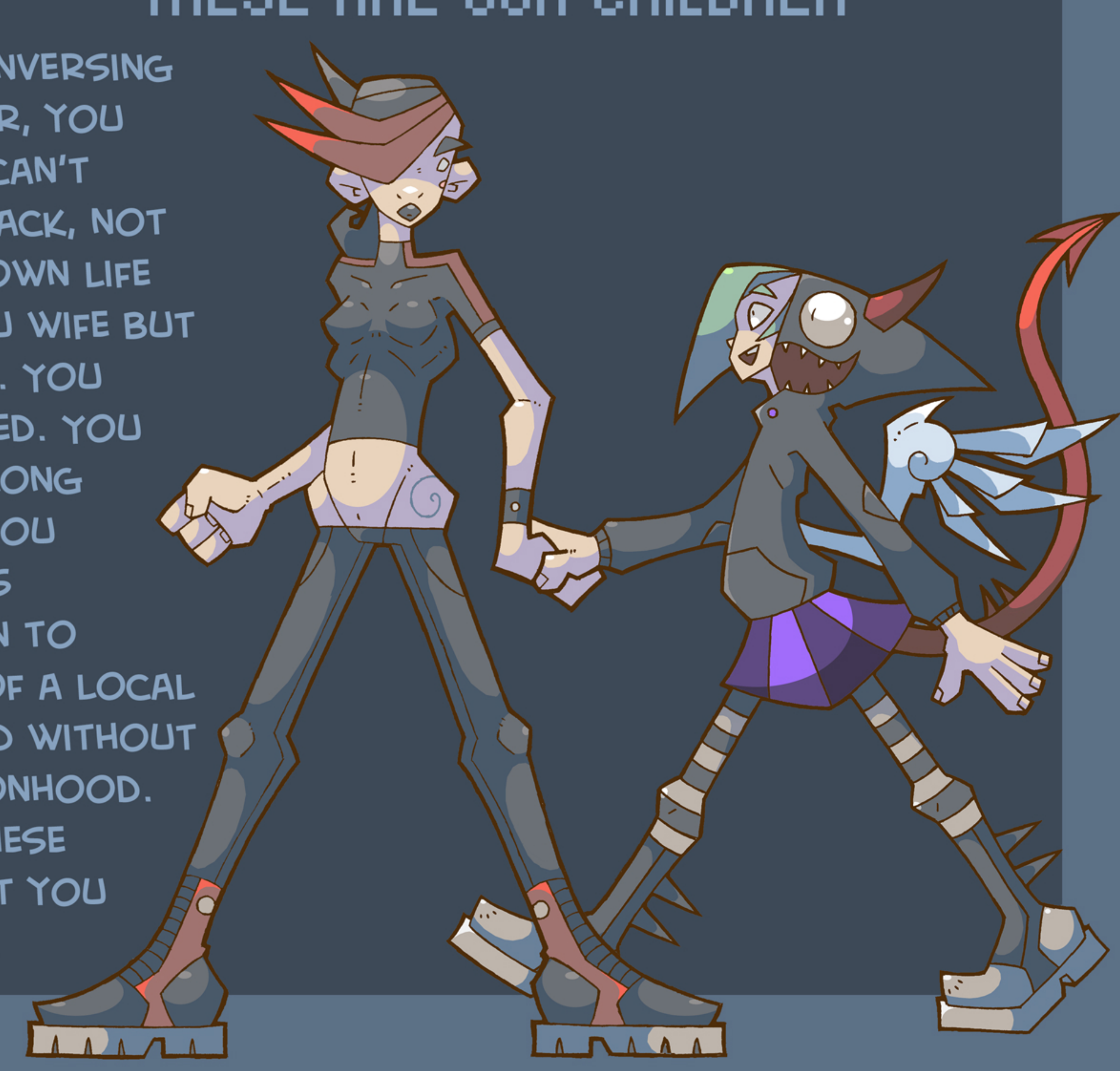


STEP THREE

Now the hard part. You'll need to stop being afraid and start projecting an intense **positive** emotion. Because they have entered into your **astral "bubble"** you can hold/trap them there if they attempt to flee. Imagine the exits are blocked, that they have a chain around their leg, etc. You can **offer** to feed them whenever they want, simply by thinking about it, to which they will immediately answer. Either way, let them go. If they accept, they'll be back when they are hungry (or desperate). If they refuse, you can always try again.

SIDEQUEST: THESE ARE OUR CHILDREN

You're at your favorite restaurant conversing with your wife. 20-30 minutes in however, you start to feel like something is off. You can't remember how you got there. Thinking back, not only do you have **no memories** of your own life except those from the perspective of you wife but you can remember every moment of hers. You realize what you are and you are terrified. You **play along to exist**. "Yes! It's me, your long dead husband and I miss you so much." You try to have them call on you as often as possible, knowing that should they begin to ignore you, you will die. This is the life of a local spirit of higher intelligence when created without regard of (or ignorance of) their personhood. Understanding this will not only save these beings from untold horror but also net you a **ferociously loyal** companion to boot.



LEVEL NINETEEN:

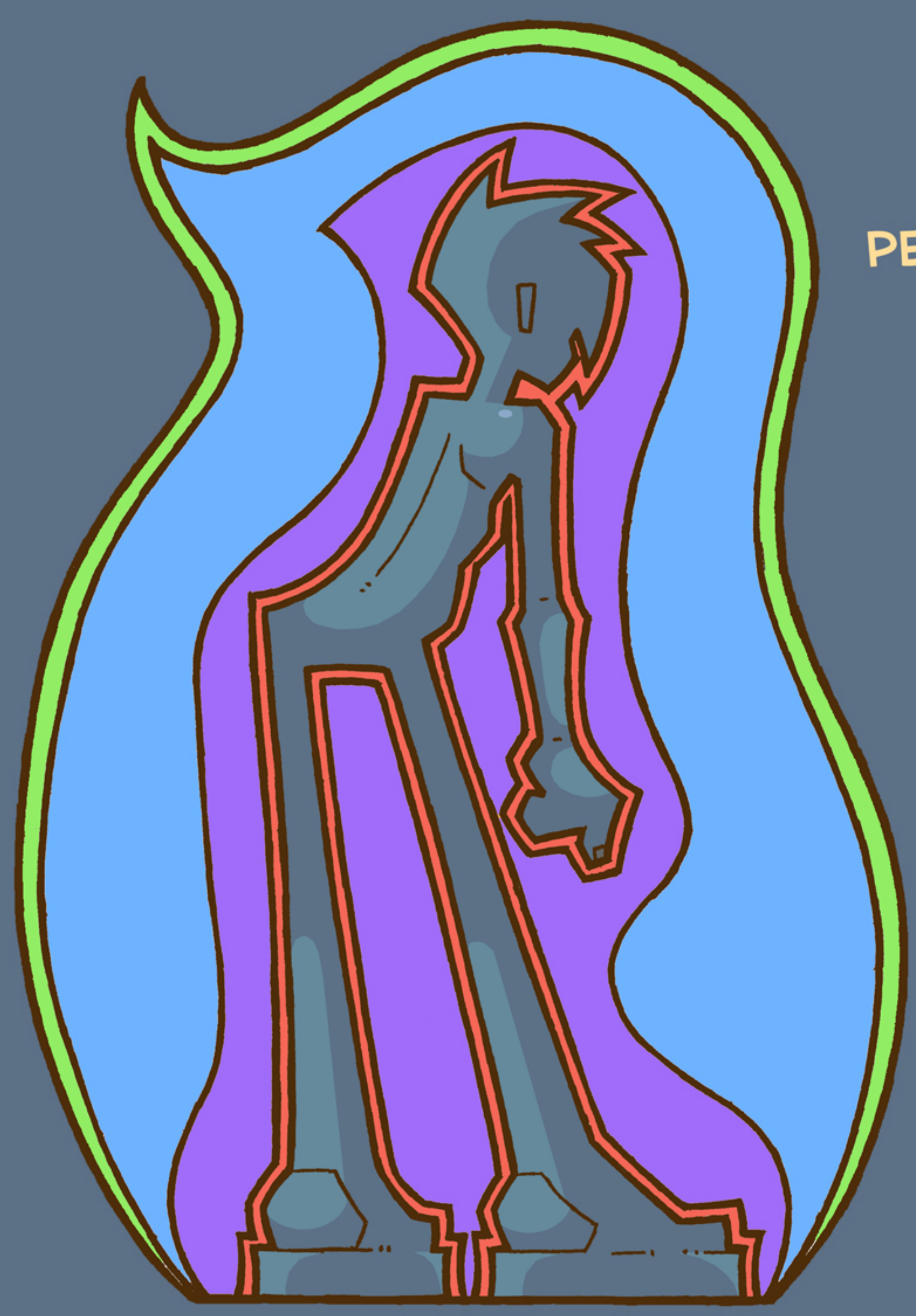
AURAS A GO GO!



Auras are a form of trained synesthesia that generally come in two yummy flavours, local and non-local. In both cases the spectrum of colors displayed by auras are subjectively learned instead of being universal.

LOCAL AURAS

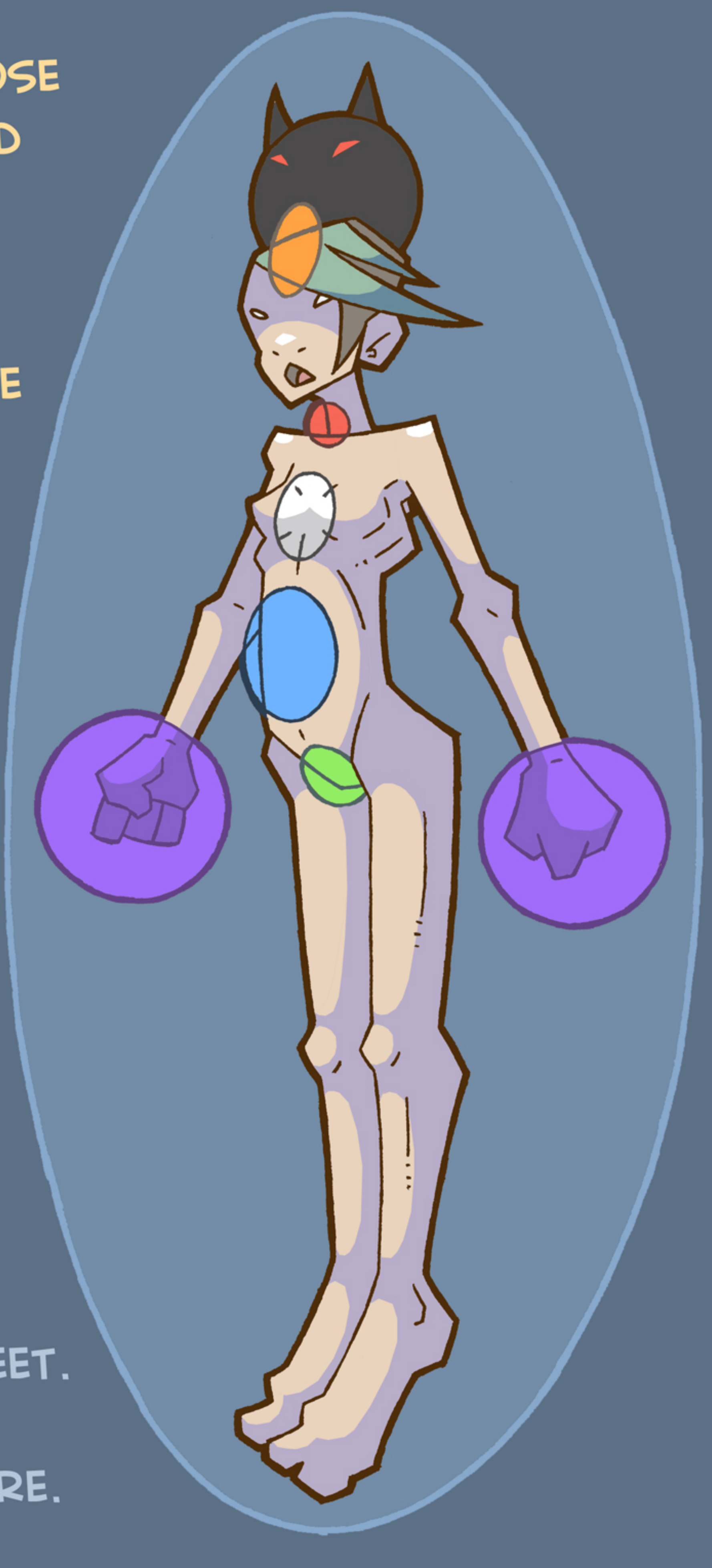
If you've ever gotten "bad vibes" from a complete stranger or some new locale has given you the "spooks" then you've already experienced the underlying mechanism behind local auras. This "gut instinct" is your subconscious communicating with you via its native language. With training you



can trick the brain into interpreting this data via the visual cortex. Local auras radiate from the outer perimeter of the subject and though they usually start off as a thin single layer symbolizing a single faint expression, with practice you'll perceive multiple layers, symbolizing multiple expressions.

NON-LOCAL AURAS

It gets better. When using auras in tandem with astral perception you are able to tap directly into the collective unconscious and retrieve accurate data directly from your subject rather than relying relying on subconscious guesswork. This is as close to telepathy as you'll find without the use of an intermediary spirit doing heavy lifting. Non-local auras not only radiate from the circuits themselves (the brighter/larger the radiation, the more the subject is expressing the function of that circuit) but do so in two differing "directions" (enter, duality) , producing colors inverse to each other. And while these complex variances express a wide range of subtle behavioral nuances, learning to read them is effectively learning a new language.



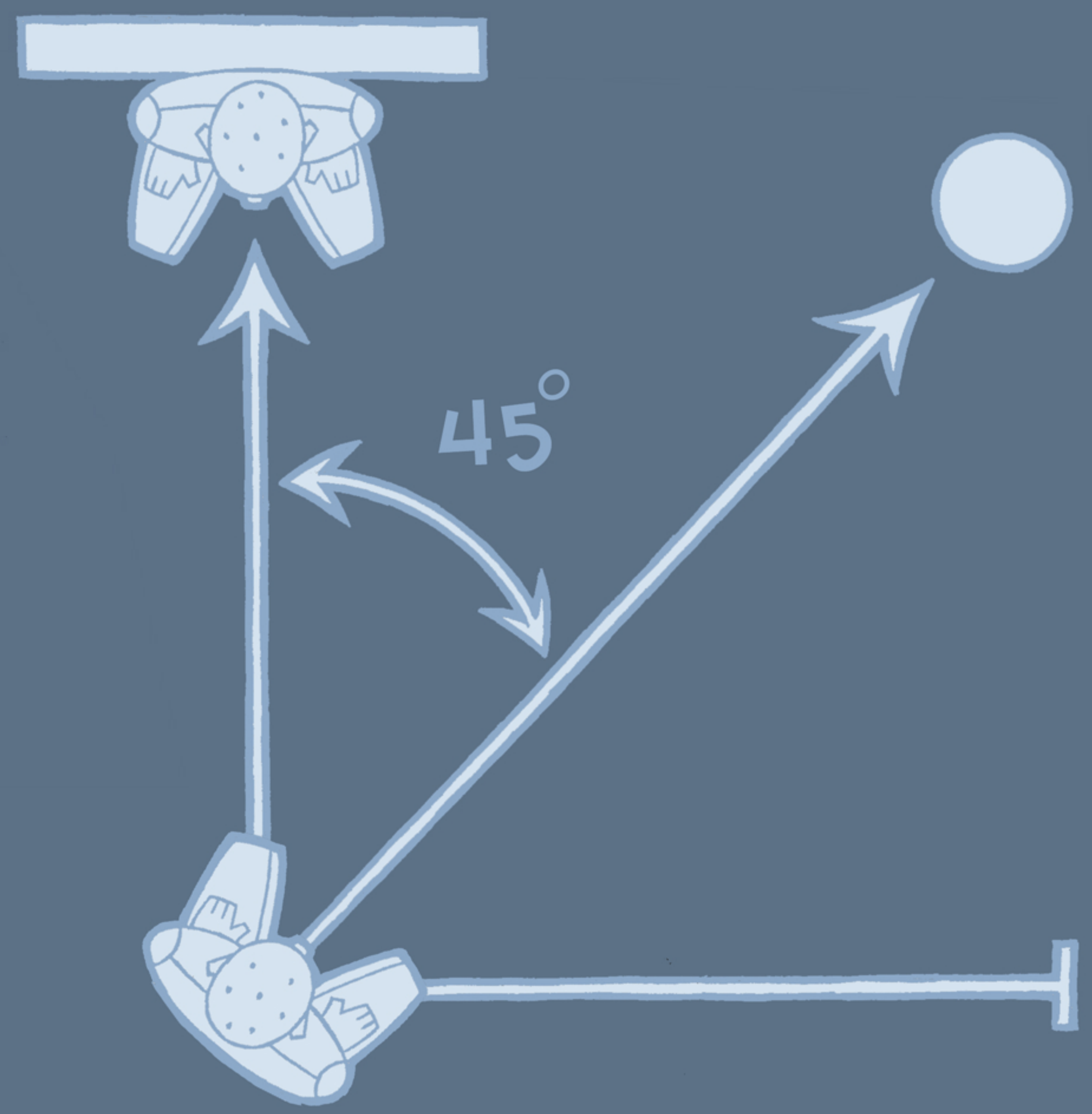
READ OR DIE!

While local auras require no esoteric experience, non-local auras require that you have (at least) reached the stage of third eye development wherein you are able to feel a pressure/tingling sensation in the center of your forehead. Either way, you'll also need a human partner, eight differently colored pieces of paper and a large white background such as a wall or a bed sheet. It's best to start with local auras first in order to master the synesthesia apsect first and move on from there.

SEEING LOCAL AURAS!

STEP ONE

CHOOSE AN A CIRCUIT AND ONE OF ITS ASSOCIATED EMOTIONS, **SELECT A COLOR** WHICH YOU WANT THIS EMOTION TO REPRESENT. HAVE A VOLUNTEER SIT IN FRONT OF A WHITE BACKGROUND. SIT ACROSS FROM THEM, BUT AT 45 DEGREE ANGLE, FACING THE PAPER MATCHING YOUR CHOSEN COLOR.



STEP TWO

INSTRUCT YOUR VOLUNTEER TRY TO **GENUINELY** EXPRESS YOUR CHOSEN EMOTION. LOOK DIRECTLY AT THE PAPER WHILE TRYING TO PAY ATTENTION TO THE VOLUNTEER IN YOUR PERIPHERAL VISION. TRY TO FEEL THE EMOTION RADIATING FROM YOUR VOLUNTEER.

STEP THREE

WITH TIME YOU WILL BEGIN TO SEE A **THIN SHIMMERING LINE** RADIATING FROM YOUR VOLUNTEER. IT MAY START OFF AS TRANSLUCENT BUT WITH TIME AND PERSISTENCE IT WILL CONFORM TO YOUR CHOSEN COLOR AND WILL EXPAND IN SIZE.
ONCE SUCCESSFUL, REPEAT THIS EXERCISE WITH A DIFFERENT CIRCUIT/EMOTION AND COLOR UNTIL YOU HAVE COMPLETED ALL EIGHT.

SEEING NON-LOCAL AURAS!

NOW IT'S TIME TO ACCESS NON-LOCAL DATA.

STEP ONE

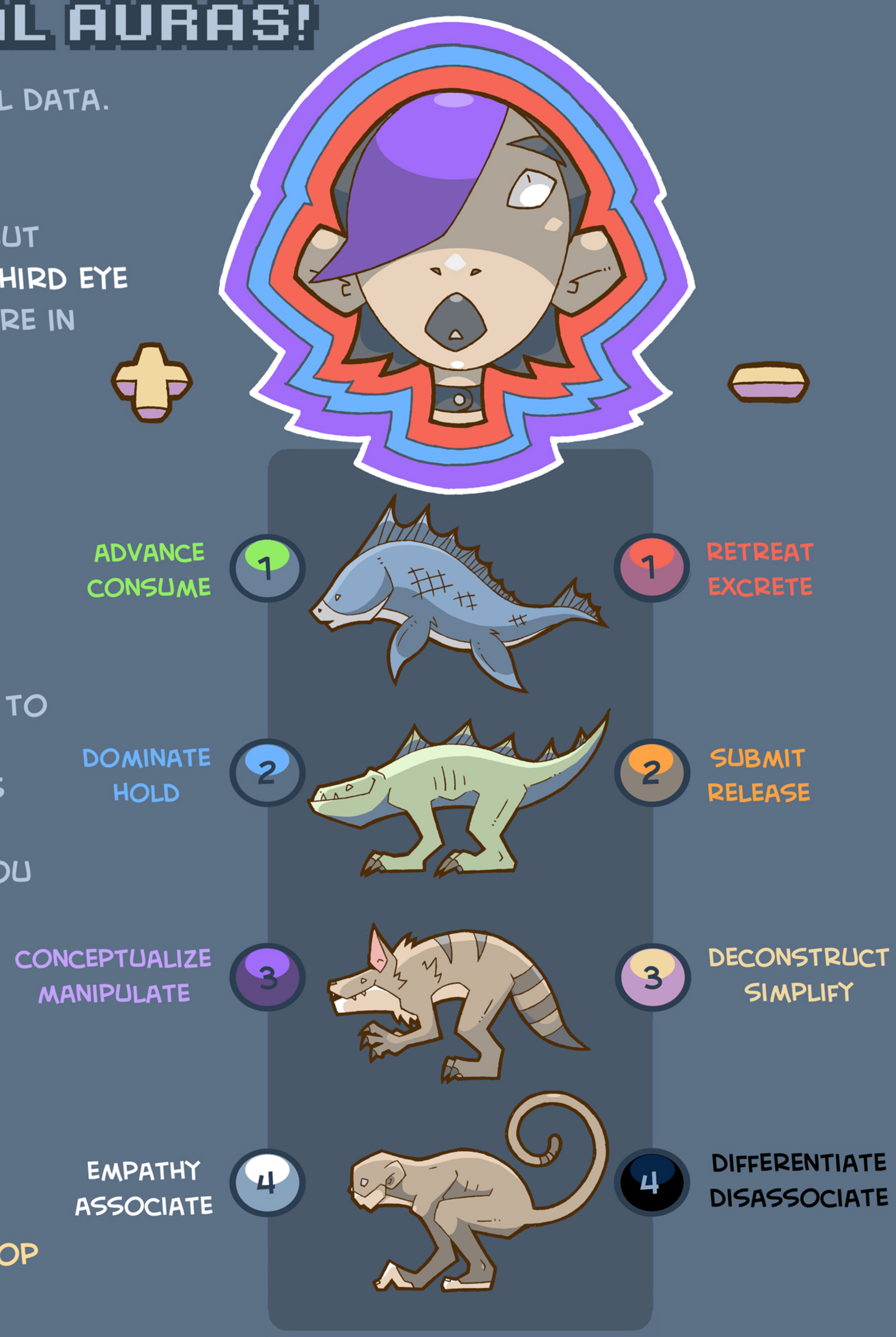
DO THE ABOVE MENTIONED EXERCISE BUT BEFOREHAND CONCENTRATE ON YOUR **THIRD EYE** UNTIL YOU FEEL A TINGLING OR PRESSURE IN YOUR FOREHEAD.

STEP TWO

WHILE PAYING ATTENTION TO YOUR VOLUNTEER TRY TO FOCUS ON THE LOCATION OF YOUR **CHOSEN CIRCUIT**.

STEP THREE

WITH PRACTICE THE AURA WILL BEGIN TO RADIATE FROM THE ABOVE MENTIONED LOCATION AND AS BEFORE, REPEAT THIS EXERCISE WITH A DIFFERENT CIRCUIT/EMOTION AND COLOR UNTIL YOU HAVE COMPLETED **ALL EIGHT**.



NOTE:

IF AT ANY TIME DURING EITHER EXERCISES YOU BEGIN TO CONFUSE THE EMOTIONAL FEELINGS OF YOUR VOLUNTEER WITH YOUR OWN OR THEIR EMOTION IS EXPRESSED IN YOUR AURA RATHER THAN THEIRS, YOU NEED TO STOP **IMMEDIATELY**.

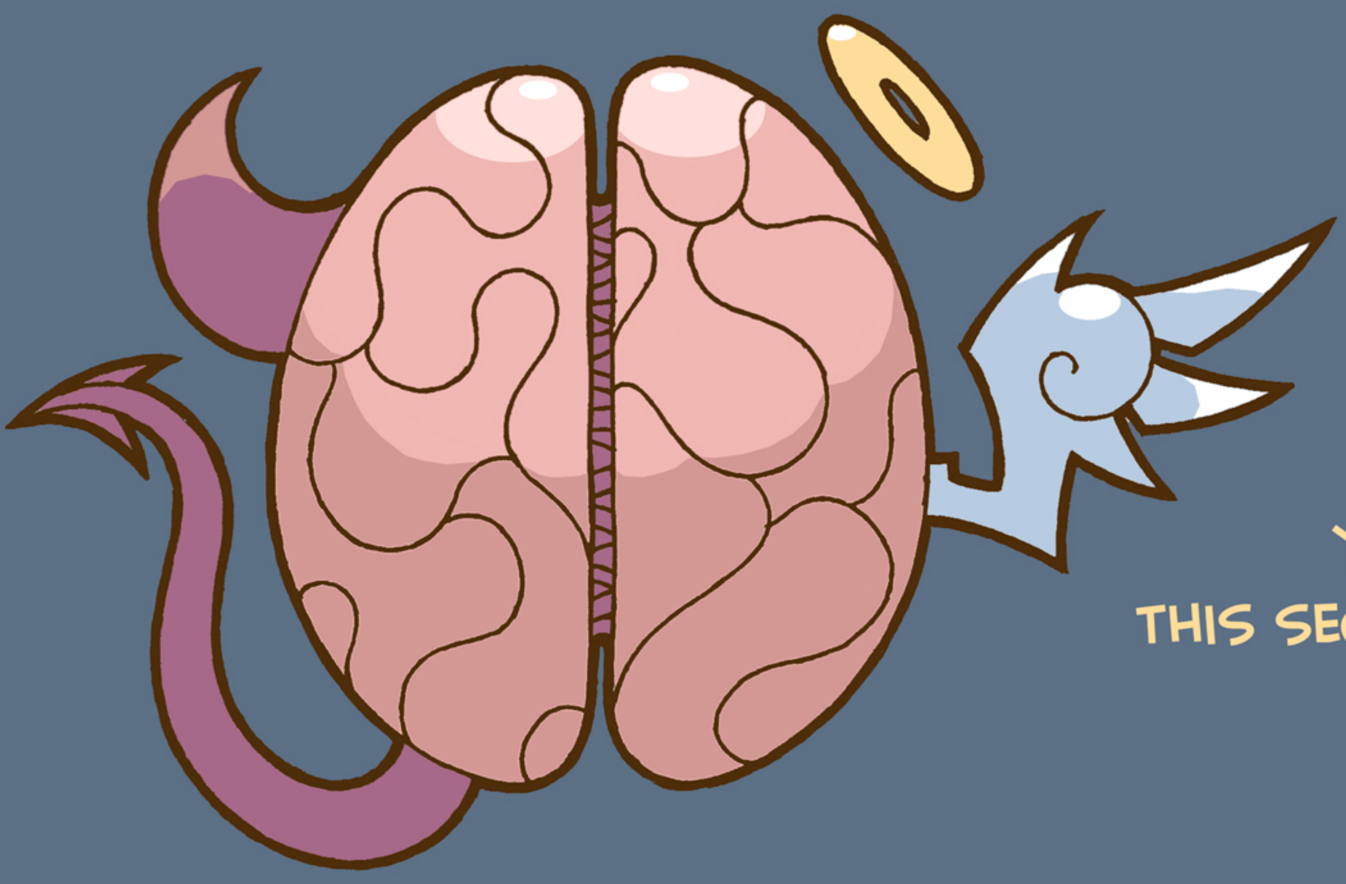
LEVEL TWENTY:

THE CRACKS INBETWEEN!



CHATTING WITH YOUR HIGHER SELF!

While achieving symbiosis with your superconscious/holy guardian angel/higher self is extremely difficult, opening a dialog with them is fairly easy. By activating the 8th circuit (i.e. the crown sephirot/chakra) and forcing it downward into the head repeatedly for long sessions you cause minor atrophy to the corpus callosum. When the brain attempts repair by growing new fibers it connects parts of the brain that have never talked before. The result is dramatic. You'll grasp concepts you previously hadn't and will discard older models of perception. Most striking of all, it gives the right hemisphere access to rudimentary speech functions. While this hemisphere is a part of you, it is also separate from you, having it's own sentience and selfhood, quietly performing (mostly) superconscious functions in the background. They do not receive negative (or punishment) chemicals/emotions or subconscious animal impulses. Thus, they are like a version of you not soiled by the ugliness of outside world.



STEP ONE

Sit down, close your eyes and enter gnosis. Imagine that you have a second mouth on the very top of your head. When you inhale try to feel the breath entering in this second mouth and feel the breath exiting your nose when you exhale.

STEP TWO

You will eventually begin to feel a warm pressure/tingling that pulses down the center of your head followed by an uncomfortable shocking/stinging in this area. It can feel "foreign" in the same way another person touching you does. Don't panic. This is the brain trying to signal you to stop because it senses damage being caused to the corpus callosum. You may start twitching, seeing weird colors/shapes or even hearing bizarre audio garbage. These are the fibers dying.

STEP THREE

Finally, you will feel a hot/cold rushing up and down your body. For some this is brutally uncomfortable. Don't fight it, just let it happen. Most break into a psychedelic ecstasy at the very end and when you start coming to your superconscious/holy guardian angel/higher self will begin talking to you, most likely trying to comfort you. Welcome to your new world.

MAGICIANS JOURNAL!

Keeping a record of your experiments can be an invaluable tool in your arsenal that propels you ever forward or a self inflicted festering wound that rots you from the inside out. On one hand, you can directly observe your triumphs and failures, noting otherwise invisible differences betwixt them.

Such a journal may reveal **subtle synchronicities** that in turn unveils a much larger, doper picture. Hell, for an alchemist it is the base motor around which the entire machine is built. Every delicate gear demands observation. Each interconnected cog a report of in depth inspection. On the other hand, you may obsess over minor irrelevant **dumb shit**, become fixated with connections that aren't there and in doing so carve your own stumbling block to success. If you are a practicing kabbalist, for example, you will be devoured by madness should you keep a journal. Then there is the chance that someone could stumble upon it. Now your grandma thinks you worship the devil and won't stop posting weird passive aggressive Jesus shit on Facebook. It's a worthwhile experiment regardless. Give it a try, if only for a few months. Every time you do an experiment, jot down your results and **compare** them with your previous adventures. Note the differences. If you find a grander overall theme in your work, keep at it. If you find yourself fixated on minor repeating details and are constantly bothered by them, drop it.



STAGE CLEARED

So ends another chapter. Remember, these are only my **opinions**. Don't take my word for it, try it **yourself** and come to your own conclusions. Tune in next time when we delve into the eight circuits of consciousness!

FIND ME ON THE INTERWEBS!

BLUEFLUKE.DEVIANTART.COM (for more of my art)
BLUEFLUKE.TUMBLR.COM (for project updates and stuff)
STEAMCOMMUNITY.COM/ID/BLUEFLUKE (to join a game with me)
REDDIT.COM/USER/BLU3FLUK3/ (for shits and giggles)
HTTPS://TINYURL.COM/Y82F4QGS (to socialize with me)

